

### New Visitacion Valley Library Taking Shape



Years of hopeful anticipation by neighborhood residents are finally seeing fruition on the southwest corner of Leland Avenue and Rutland Street with the construction of a new Visitacion Valley Branch library.

Many hours of meetings, community input and design revisions went into the project since it was first discussed earlier in the decade. A design competition was organized in 2003 to help choose an architect.

Optimism was soon felt by the community when the City of San Francisco acquired the property in 2004 with construction planned to commence the following year. And then the dream turned to frustration.

As recent as 11 months ago, the Super Fair Market was still in business on the site. The store was soon demolished and the property cleared to excavate for the new building's foundation.

Rebar was then positioned and concrete was poured. In the last several weeks, the building's first beams were erected. Residents have stopped in their travels to marvel at the steady progress seen daily at the site.

When eventually completed, the new library will stand proudly in the center of Visitacion Valley as a beacon serving present and future generations.



### Plan for Hydroelectric Plant at University Mound Reservoir

The San Francisco Public Utilities Commission (SFPUC) plans to construct a small 200 kw renewable hydroelectric project at the University Mound Reservoir, which is currently undergoing seismic retrofit.

This innovative hydroelectric plant – the first of its kind in San Francisco – will generate clean, renewable energy from excess water pressure in the City's water distribution system.

This energy, which would otherwise be lost, will meet the strictest requirements for California's renewable portfolio standards (RPS) and green energy markets.

The project will be funded by \$2.5 million in Clean Renewable Energy Bonds (CREBS) recently awarded to the SFPUC through a low-interest loan program administered by the Federal Government to encourage renewable energy projects.

"Generating renewable power from the movement of water through our pipelines and reservoirs is another major step for San Francisco's clean energy leadership," said Mayor Gavin Newsom. "Small hydro-electric projects like this are affordable, neighborhood-friendly and represent simple but creative engineering at its best."

The new hydroelectric plant will use the power of moving water to generate affordable, renewable energy for the City. Gravity causes water to flow through two pipes into University Mound's two reservoir basins.

Excess water pressure exists in these two flow lines, beyond what is needed to reliably and safely deliver the water into the reservoir basins. This excess energy represents unused energy generation potential that the new hydroelectric

plant will harness.

Once the plant begins to operate in approximately 2012, it will produce electricity at 10 cents per kilowatt/hour. However, after financing of the project is paid off, the plant will be capable of producing energy at roughly 3-4 cents per kilowatt/hour, making the project an invaluable investment from an energy-cost perspective.

"We already harness the power of gravity throughout our regional water system to move water and generate renewable power from Hetch Hetchy to San Francisco," said SFPUC General Manager Ed Harrington. "Now we'll do that on a smaller scale here in the City as well. We believe that University Mound represents just the first of many opportunities for small hydroelectric projects in San Francisco and the Bay Area."

### Focus on Open Space for Sunnydale

by Betty Parshall

On Saturday November 21, people gathered at Visitation Valley Elementary School to continue participating in planning for the rebuilding of Sunnydale. Ramie Dare opened with a brief recap of the October meeting and addressed a few of the concerns raised.

What activities are being planned? Answer: there will be a future meeting that will address specific possibilities for activities and recreation.

Why are seniors being placed in "senior housing?" Answer: there will be certain buildings designated for seniors, but seniors may choose one of those units or opt for other locations.

How will the landscaping be maintained and will residents of the area be able to get jobs on the site?

Answer: Mercy is now researching how to provide jobs and successfully maintain the open spaces.

The architect for the project addressed the open spaces that have been proposed, concentrating on three areas. One is the area adjacent to Coffman Pool where a playing field and tennis courts (out of repair at present) are located, and where the addition of a recreation center is proposed. A second area is a central park area, and a third is at the top of the hill where there could be an overlook and community building.

The focus of this meeting would be to critique these spaces and address how the spaces should be used.

Where and what activities might be located, is there anything missing in the proposed design, and if so what should be included.

The crowd then dispersed to small focus groups to take a closer look at the designs. Orchards are proposed in conjunction with community gardening, and a concern was raised about maintenance. In addition, more than one person suggested that unauthorized har-

vesting would take place.

Suggested activities for some of the spaces were a weekend farmer's market using produce from community gardens, horse-shoe pits, bocce ball pitch, off-leash dog area, musical events, and a skatehoard park.

Safety and security continue to be of major concern. More than one focus group suggested that the Recreation and Park Department should repair and maintain the existing baseball field and tennis courts at Herz Playground.

The small groups dispersed to examine each group's suggestions and make comments by posting sticky notes on the placards.

Tonja Boykin, the Mercy Director of Neighborhood Initiatives, then addressed the group to explain that Mercy/Related HOPE SF have been working with an inter-agency council to discuss the needs of the community and how to include existing groups in addressing them. Mercy is working with the city on a host of issues such as job development, crime and violence, and provision of services. The results of these discussions will be shared with the neighborhood in Year 2 of the rebuilding of Sunnydale, which starts in January 2010.

Public comment was invited. Concern was raised about the speed of the planning process. Inclusiveness in the process is very important and safety continues to be a major concern for many. Since the size of the development has increased (from proposed 1500 to 1700 units) are the guidelines for open space per capita being met?

The next community meeting will be held on January 23, 2010 at the Sunnydale Community Center at 1654 Sunnydale Avenue. More information can be had by contacting Mercy/Related HOPE SF at the office at 1657 Sunnydale and phoning (415) 452-9744.

### ROCK Celebrates 15 Years in Valley

Brandon Smith was 6 years old when he first stepped foot into the Visitation Valley Middle School gymnasium for a basketball clinic put on by local nonprofit Real Options for City Kids (ROCK).

An awkward child living in a rough neighborhood, Brandon stayed with the program year after year, attending programs such as basketball camp, homework help and backpacking. His consistency with ROCK provided him with new experiences and the opportunity to form lasting bonds with adult role-models. Today, Brandon is a 19 year old college student who works on staff at ROCK helping children just like he was.

Brandon is just one of many examples of ROCK's success stories and with his accomplishments, ROCK is proud to celebrate its 15 year anniversary of positive youth development programs in Visitation Valley.

"I am pleased to be a part of a great organization that has done so much to enrich my life and steer me in the right direction," said Brandon.

ROCK's programs are designed to work with children throughout their youth from their elementary school years through their high school years. The vision of the program is for participants to become productive individuals when they reach their adulthood.

"I am proud to be involved with a great organization for almost its entire lifetime," said Curt Yagi, Executive Director. "It is rewarding to see a past participant such as Brandon grow as an individual and become a ROCK staff member. It is proof that our model works."

What began as a small, school-based program combining sports and fitness with learning enrichment for elementary school participants has grown into an established organization providing a wealth of



Brandon Smith, ROCK staff member.

year-round opportunities for elementary, middle and high school students.

ROCK expands each year and is on track to continue its expansion for many years to come.

Be sure to visit [www.rocksf.org](http://www.rocksf.org) to check out ROCK's updated website.

#### About ROCK

Real Options for City Kids (ROCK) is dedicated to nurturing the healthy development of children by listening attentively to their needs and by providing opportunities to those who might not otherwise have access.

ROCK aims to promote the positive development and long-term success of the youth that it serves through a combination of in-school and after school learning enrichment, sports and fitness, leadership training and outdoor adventure opportunities.

ROCK's programs are designed to serve girls and boys, ages 6-17, who live in or attend school in San Francisco's Visitation Valley.

## Grapevine Mailbox

### Adopt a Pantry

All grocery pantries are not created equal. Some, like those hosted by congregations, provide more food — particularly protein items like beans and staples like rice — to their clients. Others, like those at schools and public housing communities, don't have supplemental funding and receive the basic groceries the Food Bank allocates from its supply of donated food.

Fresh produce — and lots more — is always free to every pantry, but the Food Bank typically has to purchase essentials like rice, beans and other items in order to always have them available for clients. These foods are often distributed through our Shopping Program, which allows pantries to "shop" at the Food Bank at a subsidized rate. But some pantries do not have the budget to make use of the Shopping Program to supplement their weekly distribution.

Now, all that's changing. The Food Bank's new Adopt-a-Pantry program allows individuals, groups or companies to sponsor most-needed items that will make a big difference to underfunded pantries.

Nearly a hundred pantries are eligible for "adoption." With an average donation of just \$7,000 a year, Adopt-a-Pantry partners can provide most needed foods to the pantry of their choice every week of the year. The program adds volume, variety and most importantly, greater nutrition, to our pantry distributions.

This year, two groups became the first San Francisco Food Bank Adopt-a-Pantry partners. The first pantry is at Sanchez Elementary School, where parents pick up groceries when they drop off their children in the morning. Noe Valley Family Ventures, a giving circle of eight families, not only donated funds, but is also volunteering their time at Sanchez — planting lemon trees and helping to put on a Nutrition Night for children and families.

The group's initiative shows that the program isn't just about food — it's also about building community and growing greater engagement. By making a direct investment in a community served by the Food Bank, donors can see the tangible results of their support.

"We saw the pantry before adopting it, then we saw it after," says Yvonne Keene, one of the circle's founders. "The difference is just extraordinary. I feel like my few dollars pulled together with a group can really have a fundamental impact on people's lives."

The pantry at Westside Courts, a low-income housing development, experienced an increase in demand due to the economic downturn. Thanks to a group gathered by Food Bank Board Member Bernice Welles, the 60 families per week who depend on this pantry have much more nutritious food on the table.

Adopt-a-Pantry partners will be recognized on our Adopt-a-Pantry Wall in the Food Bank lobby. But those who already take part say the best recognition is seeing that smile on someone's face, knowing they're going to eat better that week.

Please contact Aaron Rashba at (415) 282-1907, ext. 228 to learn more about the Adopt-a-Pantry program

### How to Stay Young

\*Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them.

\*Keep only cheerful friends. The grouches pull you down.

\*Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle.

\*Enjoy the simple things.

\*Laugh often, long and loud. Laugh until you gasp for breath.

\*The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves.

\*Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

\*Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

\*Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but not to where the guilt is.

\*Tell the people you love that you love them at every opportunity. An Old Friend

### Shopping Safely in Malls During the Holidays

The holiday shopping season is here and millions of people will be heading to the nation's shopping malls focused on finding the perfect gifts, but crime isn't taking a holiday.

Shopping mall safety is especially important this holiday season when malls are more vulnerable to violent crime, according to Patrick Fiel, public safety advisor for ADT Security Services. Fiel said, "It's never possible to completely eliminate the risk of violence, but being aware of your surroundings and choosing to shop at malls that take security seriously are two important things you can do to help protect yourself and your family against violence while shopping this season."

To help make shopping at the mall safer for you and your family, Fiel suggests the following tips:

\*Park in a well-lit area as close to your destination as possible. Parking lots and structures are typically the most dangerous places at the mall. If you are shopping alone and feel uncomfortable walking to your car at night, ask mall security officers for an escort. Consider valet parking during the holiday season when many malls offer free or reduced price valet parking. Look for security cameras and try to park near them. Also, opt for walkways leading to malls and parking lots that have security cameras installed.

\*Choose to do your holiday shopping at malls that take security seriously. Shopping destinations with regular mall security patrols and visible surveillance cameras provide an added layer of security and a deterrent to criminals.

\*Avoid using restrooms that are tucked away in a back area of a mall or store department. If you can, find a restroom near the mall's food court or other well-trafficked area and always accompany your child. \*Don't overload yourself with packages. Thieves are always on the lookout for people who might be distracted, keep track of your packages and try to stay off your cell phone. Hold your purse close to your body or use a front pocket if carrying a wallet.

\*Always know where the closest exits are located. In case of a fire or other emergency, make sure you can find the nearest exits and remember to avoid using elevators in an emergency.

\*Take extra care when returning to your car. If you notice anyone suspicious in the parking area you can use your keys as a weapon. If needed, you can also use your car's alarm system by pushing the panic button on your alarm remote control or car horn to draw attention.

## Educating and Empowering Our Youth

by Senator Mark Leno

Each fall I have the unique opportunity to team up with local community organizations and schools to host events that are designed to empower and educate our young people. Since joining the Legislature in 2003, I have hosted annual youth conferences, in collaboration with community organizations, as part of my ongoing commitment to helping prepare them to become fulfilled, healthy and productive members of society.

Every day our young people are confronted with complicated life choices that impact them and the community they live in. Adults must do what we can to teach them the life skills they need to succeed, and to inspire and motivate them to realize their full potential by taking advantage of many opportunities to become future leaders.

This October my office hosted two youth conferences in San Francisco. The 6th Annual Young Women's Conference "OWN IT! Your Body, Mind & Life," attracted several hundred young women from high schools and community centers across San Francisco. Co-sponsored by Planned Parenthood Golden Gate, the event brought young women together for inspirational and educational workshops provided by local non-profit organizations on topics such as preparing for college, drafting a resume, self-defense, self-esteem, healthy relationships, and personal well-being for their mind and body.

One of the highlights of the Young Women's Conference was our feature performance from The Medea Project, a theater company for incarcerated women. The performance encouraged young women to speak out against and take action to prevent domestic violence.

At the end of the day, our young women had attained useful knowledge on rising above the challenges

and obstacles they encounter.

On October 30, we hosted our 2nd Annual Asian and Pacific Islander Youth Summit in cooperation with the Community Youth Center (CYC) and Asian Youth Advocacy Network (AYAN). Hundreds of Asian Pacific Islander (API) youth from San Francisco high schools attended the all-day conference, which included workshops designed to empower API youth to get involved in their local communities. Students discussed cultural and language challenges that often influence their self-identity and esteem. These educational and culturally sensitive workshops were provided by local non-profit organizations and leaders in the API community. It was an eventful day for our API youth to learn about the importance of creating a cohesive community.

Next May, we will be hosting our 5th Annual Youth in Action Awards with local youth organizations and schools. This annual awards program recognizes high school students who have dedicated their time to community and civic service.

In addition to our annual youth conferences, our district offices in San Francisco and San Rafael work throughout the year to support and provide helpful information to young people in the Third Senate District. We must all do our part to provide an empowering environment that our youth need and deserve.

If you would like more information about our youth conferences or other services, please contact our San Francisco District Office at 415-557-1300 or San Rafael District Office at 415-479-6612. You may also reach me by email at Senator.Leno@senate.ca.gov or on the web at [www.sen.ca.gov/Leno](http://www.sen.ca.gov/Leno). Senator Mark Leno represents the Third Senate District of California, which includes portions of San Francisco and Sonoma Counties and all of Marin County.

## News Biz from Little Vis

Events in November at Visitacion Valley Elementary School (VVES) included PTA Membership Drive

The PTA at VVES had its annual membership drive through the beginning week of November with dues at \$6 per family. All VVES families are encouraged to join and support the PTA. A PTA meeting was held Nov. 19 with the first fundraiser, Cookie Dough, running through Nov. 24

### Balanced Score Card

This school year, VVES is expected to develop three additional objectives for the Balanced Score Card (BSC) for 2011:

\*Equity Centered Professional Learning Community (ECPLC).

\*Create a learning environment where students can flourish

\*Develop 21st Century Learning Skills (technology, multicultural / multilingualism, green sustainable activities / projects.

### VVES Councils Elected

Congratulations to all the elected members and alternates of both the School Site Council (SSC) and the English Learners' Advisory Council (ELAC) at VVES:

SSC: Su Yun Li, Elaine Griffin, Janny Zhou and Koon Chew Ko. Alternates: Bernita Jenkins and Yong Hong Tan.

ELAC: Su Yun Li, Mei Xia Guo, Xiu Zhen Yu, Winnie Zhou and Tsan A. Mui. Alternate: Koon Chew Ko.

### Students of the Month

As part of VVES implementing the first two objectives of the school Balanced Score Card, the November 2009 Students of the Month include: Aaron Dong, Alex Chen, Alex Portillo, Anita Lee, Annie Liu, Anthony Huang, Anthony Tran, Benny Zhen, Christine Mai, Christopher Carter Leno, Christopher Pirir Perez, Crystal Luo, Deanne Huang, Deshawn Taylor, Destinee Loua, Diana Loc, Diana Portillo, Dianne Finez, Diego Salaverria — Naje, Erica Yu, Erron Amerson, Isabel Ruiz, Jacklyn Lam, Jasmine Chow, Jason Teng, Jennifer Tran, Jenny Liu, Jessica Yu, Jonathan Flores, Jose Tirado, Kala White, Katelyn Gonzales, Kathleen Ly, Ken Arellano, Kenneth Galang, Kevin Dong, Kimngan Diep, Laramae Salinas, Maggie Dong, Michelle Guo, Michelle Zheng, Natalie Vigil, Pamela Amaechi, Pamela Ferrer, Patrick Nunga, Raiden Thien Jones, Samantha Esquejo, Sarah Li, Sarai Ramos, Shannon Melcher, Skyy Perkins, Sonphi Diep, Suky Lu, Tiffany Lee, Trina Li, Vency Cai and Vivian Phan.

### Gifted and Talented Education Program

All Gifted and Talented Education (GATE) students at VVES now participate in an after school program taught Tuesdays and Thursdays by Mr. J. Spearman.

Fourth graders will build and test-fly Tetraheadron kites, allowing them to learn more about the metric system and linear measurements. Meanwhile, 5th graders will investigate — in greater detail — the solid Earth module of the VVES Science curriculum. They will also use an Exploration in Earth Science module from Purdue University.

In class, GATE students are clustered in grade-level classrooms and offered an advanced curriculum. In Math and Reading (ELA), these students will be working on more challenging workbooks that requiring better use of critical thinking and analytical skills.

In Science, the Full Option Science System (FOSS) curriculum offers a problem of the week.

## Keeping Children Safe This Holiday Season

by Assemblywoman Fiona Ma

This holiday season, when deciding on the latest video game or toy to buy, it is important for parents to be aware of age content ratings on video games and of toxic, hazardous toys on store shelves. Luckily, there are a number of resources available to help parents make good, informed decisions about the games and toys they buy.

A recent Entertainment Software Association (ESA) poll found that 43 percent of Americans plan to buy one or more games in 2009. The high volume of games that are likely to be purchased this holiday season make it even more important for parents to make sure the games they buy are age appropriate. There are a wide variety of games for all ages but not every game is intended for children. Parents always should check the ESRB rating to make sure a game is right for their family.

ESRB rating symbols appear on the front of virtually every game's packaging and provide an age recommendation, such as EC (Early Childhood 3+), E (Everyone 6+), E10+ (Everyone 10 and older), T (Teen 13+), M (Mature 17+) and AO (Adults Only 18+). On the back of the package, next to the rating, are content descriptors, which are short words and phrases that provide information about what is in the game that may have triggered the rating, or may be of interest or concern to parents.

Parents can also look up game information and summaries on the web at [www.esrb.org](http://www.esrb.org) or on your cell phone at [m.esrb.org](http://m.esrb.org). I strongly urge parents to use the ratings as a tool when deciding on a video game. Along with making informed decisions about video games, parents should also be aware of potentially toxic and hazardous toys that may be on their child's "wish list".

The recall of 45 million toys and other children's products in 2007 reminds us that harmful toys can still make it to store shelves. According

to the most recent data from the Consumer Product Safety Commission (CPSC), toy-related injuries sent more than 82,000 children under the age of five to emergency rooms in 2008. Nineteen children died from toy-related injuries that year.

Making sure toys on store shelves are safe for children and that parents are aware of hazardous toys has been a top priority of mine. In 2007 I successfully authored AB 1108, a bill that is now national law. AB 1108 banned dangerous chemicals, known as Phthalates in baby toys and products. Phthalates pose a host of developmental and reproductive health risks, including liver damage, early onset of puberty, cancer, and hormonal problems. Last year I introduced AB 2694 — CA Lead Poisoning Prevention Act of 2008 that would ban no more than trace levels of lead in children's toys and products intended for use by children 12 years of age and under.

Recently, the California Public Interest Research Group (CALPIRG) released their annual "Trouble in Toyland" report and announced a new, interactive mobile toy tool that will help parents avoid purchasing potentially dangerous toys. The report focuses on three categories of toy hazards: toys that may pose choking hazards, toys that are excessively loud, and toys that contain the toxic chemicals lead and phthalates. Parents can also access toy information and report unsafe toys via cell phone or computer at <http://toysafety.mobi> or <http://www.toysafety.net>.

While most toys on store shelves are safe, and some progress has been made on toy safety in the past year, it is definitely important that parents are equipped with vital information when shopping for children. By being informed, we can all take part in ensuring a safe and happy holiday season.

## Ways to Avoid Consumer Scams This Holiday Season

"With the holiday season upon us, many good-willed individuals express their generosity by giving to those less fortunate," says Lawrence Loesch, former NYPD Deputy Chief and Vice President/General Manager for Allied Barton Security Services. "Unfortunately, that can also create an opportunity for scam artists to take advantage of the kindness of others."

When giving this holiday season, be wary of the following:

**\*Look-Alike Charities** - Watch out for charities with similar names to well-known organizations. Some scam artists try to trick people by using names that make them appear to be the same as or comparable to valid charities. Always investigate the organization prior to making a donation. Look at their websites. Many non-profit web addresses end in .org instead of .com.

**\*Phone Scams** - Be cautious of charities that contact you over the phone. Ask the solicitor for the charity's mailing address so that you can send them a check directly. When in doubt, call the charity yourself and ask them if they're aware of the solicitations being done in their name.

**\*Know Your Charity** - Many more organizations push for donations during the holidays. Research your charity before making the decision to donate. If they offer you very little information, they may not be legitimate. A legitimate charity will give

you information describing its mission, how donations are distributed and proof that your contribution is tax deductible.

**\*How is your donation used?** One of the most important things to consider when making a charitable contribution is how much of your money actually goes to the charitable cause. Most charities are required to register and file annual reports showing how donations are used. You can ask how to find this information at your state or local consumer protection agency.

**\*Contribution Collectors** - Individuals who go door-to-door or position themselves in high traffic areas should be carrying proper credentials and identification. These individuals should be knowledgeable about the organization and be able to provide you with informative materials about the charity. Ask for written information and the solicitor's identification to validate the organization. For security and tax record purposes, it's important to pay by check when giving a contribution and write the charity's official name on the check.

**\*Mail Scams** - Holiday greetings may not be the only thing crowding your mailbox. This time of year, watch for appeals for donations. If you do not recognize the name of a particular charity, you can check out their legitimacy as well as their efficiency with your money at the

BBB Wise Giving Alliance website, [www.give.org](http://www.give.org).

**\*Email Scams** - Be skeptical of emails seeking charitable contributions. Many unsolicited messages received through email are fraudulent. Do not respond to these emails as many of them ask you to send money to an off-shore bank account. Additionally, a fraudulent charity email may have an attachment, offering you more information. Be aware, as many times these attachments contain viruses. It is always important that any charity-related email include a link to an authorized website.

**\*Promised Prizes** - Be cautious of guaranteed sweepstakes winnings in exchange for your contribution. This may not be the type of holiday gift you are looking for. Fraudulent sweepstakes mailers encourage consumers to return the apparent 'winning' entry along with a donation to the charity named in the promotion. The wording in the mailer makes it seem like the recipient is already a winner. Be skeptical if a solicitor thanks you for a contribution you don't remember giving.

**\*Adamant Demands** - Refuse any high-pressure requests for your contribution. Legitimate charities usually don't require people to give at a moment's notice. An established charity will still be willing to accept your donation, even if you take some time to research first.

## About Art in Visitation Valley

Art is all around us in Visitation Valley. Murals grace the walls of commercial buildings. Sculptures complement the platforms on the T-Line Stations. Mosaics adorn our schools and parks. Over the next several months the Grapevine will feature the variety of art found throughout our community. We hope this series will give a new life to the overlooked and under appreciated works of art in our neighborhood. We hope you will enjoy this journey.



### A 'Way' with Art

by Betty Parshall

The Visitation Valley Greenway sweeps across the hill from Leland Avenue to Tioga Avenue and to some extent each garden is a work of art in itself with individual themes and for the variety of trees, shrubs, grasses, flowers and crops for harvest.

This month the Native Plant Garden between Tucker and Tioga, a personal favorite of mine, is featured for its cor-ten steel water-jet-cut steel art pieces set into the walls and one fence. The pieces depict the native plant and animal life of the Valley. (Cor-ten steel alloys were developed to obviate the need for painting. It forms a stable rust-like appearance with exposure to the weather because the steel forms a protective layer under the influence of weather. It is used extensively in outdoor sculptures.)

The list is varied: flowers, a bat, spider, rabbit, raccoon, butterfly, bee (or is that a yellow jacket?) owl, hawk and doves can be found as one strolls along the sidewalk and down (or up) into the garden. The very gradual switchback path makes for very easy walking across the fairly steep slope, and along the way are places to sit and enjoy the great view to the south.

The soft color of the low walls, the varied native plants, the nearby trees that provide a backdrop, all produce a sense of serenity, with the iron pieces adding just the right touch to remind us that this Valley was once all natural and the habitat of a wide range of animal life.

Two well-known local artists can be thanked for their contributions to this remarkably pleasant garden. Fran Martin, who spearheaded the development of the Greenway, developed the surfaces on three weirs, designed the Tioga Avenue gate, and coordinated the design of the entire project. Jim Growden also worked on the weir wall surfaces, created the steel images on the railings and retaining walls, and designed the Tucker Avenue gates.

Taking some time to visit the Native Plant Garden is a rewarding experience, maybe it will turn out to be your favorite garden too.

### Next Month: The Sunnydale Bear

Who loves a garden still his Eden keeps,  
Perennial pleasures plants, and  
Wholesome harvest reaps.  
-Amos Bronson Alcott 1799-1888

## ROCK Group Goes on a Weekend Camping Adventure

by Erica Hernandez, ROCK/Beacon Middle School Coordinator

On the weekend of November 7th and 8th, Real Options for City Kids, ROCK, took a group of 11 middle school youth on a two day Adventure Camp. It was a huge success. It was amazing to watch the kids experience new things, and go above and beyond their fears, literally. The kids were so grateful to have these new experiences that they could not stop saying "thank you."

The weekend consisted of a Ropes Course hosted by Challenge Sonoma Ropes Course, night camping at Sugarloaf Ridge Campground in Sonoma, and a Learn to Row hosted by Marin Rowing.

The ropes course was an astonishing experience. As a group, we were faced with various challenges that tested our support for each other and our ability to work as a team. Each group member also pushed him/herself to their own limit and challenged their own comfort zone. Many of the youth participants excelled in the different elements but also practiced the power of choice where everyone had the choice to say when enough was enough for them and with what they were comfortable.

Overall, the group became a lot closer and demonstrated remarkable teamwork. If it was a pointing out the next step up the vertical playpin, an encouraging word as someone climbed up the perch, or cheers as someone flew by on the zip-line, they were there for each other.

The camp was a trick to set up, as we arrived at sundown, but the kids were up for the challenge. Through teamwork, we got the tents set up in the dark, the fire started, and spaghetti cooked for 17. After dinner



and smores, we headed to the field to check out the amazing stars, and some of us were lucky enough to see some shooting stars. Even with the fire it got a little chilly (cold) so we headed to bed to enjoy the warmth of our sleeping bags. The next morning we woke to a breakfast of scrambled eggs and bacon. After breakfast, we broke camp and headed to Marin.

We reached Marin and the kids were excited to learn how to row. Most of the kids were very surprised to find out that rowing is nothing like white water rafting (which is a camping trip ROCK takes them on every summer.) With the help of the Marin Rowing volunteers, the kids started on the Erg machine, where they learned the basics of rowing.

The kids were broken into groups and each group got to experience three events. First was the dock box where they practiced what they

learned on the Erg with a real oar in the water. The next step was into a shell, where there were four professional rowers and four kids. After everyone got settled in the boat, they took the boat out for a spin. This is where they got the full experience of rowing. It is amazing to pull on your oar with eight other people and have the boat move. Last but not least, they got to go for a ride on the launch and watch another group row the boat.

After getting to do all three events the kids and chaperones were tired and we headed back home to San Francisco.

It was a great weekend that I am sure the chaperones and kids won't forget. I want to thank Challenge Sonoma Ropes Course, Marin Rowing, Virgin America, and ROCK for all the support and donations that made this weekend happen.

## Yogurt: Cold Prevention on a Spoon

Cold season often sees Americans buying orange juice, fizzy vitamin supplements and hand sanitizer — but those looking to avoid colds should consider visiting the dairy aisle.

Studies suggest that probiotics, or strains of beneficial bacteria, may improve immune function. In one recent study published in the journal Pediatrics, 326 children were divided into three groups — the children drank milk either with one probiotic strain, two probiotic strains or a placebo. Each group contained about 100 children.

Sixty-six children drinking plain milk caught fevers, while 31 children in the one-probiotic group and 18 children in the two-probiotic group fell ill. Other studies have demonstrated that probiotics decrease the incidence of colds and winter illnesses, and result in fewer days of missed work or daycare.

But not all probiotics are created equal. Different strains have different strengths — one might prove effective against diarrhea, while another works best against stomach upset.

To boost their immune systems, Americans should ingest Lactoba-

cillus (especially Lactobacillus rhamnosus) or Bifidobacterium probiotics.

While there are several ways to take probiotics, eating yogurt is easy, tasty and effective. Acids in the stomach can destroy probiotics before they reach your intestines, where they are needed to impart health benefits. Dairy buffers stomach acid, ensuring that more probiotics make it into your system. Plus, dairy products provide important nutrients, like calcium and protein.

Look for a yogurt containing several strains of probiotics, such as Stonyfield organic yogurt. Each serving contains six probiotic strains shown to support immune systems, promote gut health and help the body achieve balance. One cup gives you over 1 billion probiotics, including those cold-preventing Lactobacillus and Bifidobacterium strains.

You cannot overdose on probiotics, and they are safe for babies. So stop swallowing Vitamin C tablets in favor of one cup of yogurt per day. Preventing the common cold has never been tastier.

For more information, visit [www.stonyfield.com](http://www.stonyfield.com). **NewsUSA**

## McLaren Park News and Notes

### Coots at McNabb Lake

by Betty Parshall

November was a fine month to walk McLaren Park. The grass is green and the rain-cleared air was great for taking in the views. Coots are flying in to spend the winter months at McNabb Lake and birders are watching for other avian varieties that show up during this time of year.

By the way, the coot pair that raised six youngsters never left with their compatriots, so we may very well be seeing more of these birds as permanent residents.

### Disc Golf in the Park?

The subject of a disc golf course in McLaren Park is again on the agenda of the Recreation and Parks Commission, and the posting of a San Francisco Examiner article on the Portola Yahoo Group site elicited a couple of opposing opinions. Readers are encouraged to take a look at the article and also get more information on the pros and cons of disc golf being installed in a public park. Here are a few comments from each side of the discussion.

**Pro:** Disc golf would not endanger the beauty of the park. "...we accommodate dogs and children, who are much more destructive (and range much farther) than small plastic discs."

While the Examiner article mentions there isn't enough flat space in McLaren, a totally flat space isn't needed. Courses are more challenging and interesting when there are hills and trees. This recreational facility will bring more people to the park, which means there will be more people who will advocate for the park.

**Con:** McLaren Park is valued especially for its natural areas. Disc golf causes damage to trees and other plant life on and near the course, as well as serious erosion on sloping play areas. The discs can cut the bark on a tree, leaving the tree vulnerable to insect and disease damage. An area designated for a course would make inaccessible a substantial area for those who enjoy the natural features of the park. Golden Gate Park's disc golf course is cited as an example of these negative assertions.

One of the big questions not yet answered is the location of the proposed course. Disc golf enjoys a huge following across the country. You can learn more about the sport, the equipment used, and the arguments for and against, with a Google search. The Friends of McLaren Park are monitoring the issue too and will keep the community informed about its progress.

You can find the Examiner article at [www.sfexaminer.com](http://www.sfexaminer.com). It appeared in the November 15 issue and is written by Katie Worth.

## Classroom Materials For El Dorado School

Three classrooms at El Dorado Elementary were recently selected by Dice, a career site for technology and engineering professionals, to receive math and science materials for their classrooms via DonorsChoose.

El Dorado teachers requested math games, a large aquarium and other materials that will be added to the classrooms soon, and Dice employees will present the classes with a check to cover the supplies.

Dice chose these requests to help support the next generation of high-tech professionals.

DonorsChoose is a website that connects individuals and companies with public school teachers.

Since 2004, 1,700 San Francisco public school teachers have received funding via the site for approximately 2,000 projects.

## Funding Available For Youth Projects

Do you have a brilliant idea, but lack funding and support?

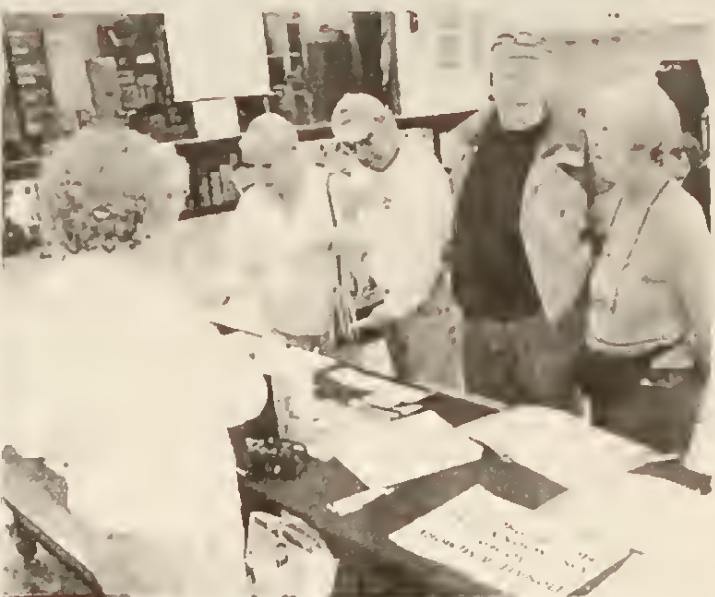
Youth Funding Youth Ideas (YFYI) funds youth-led projects up to \$10,000.

YFYI is a youth-led program that seeks to foster young San Franciscans with the opportunities to expand on their leadership goals by funding their project ideas.

They bring the tools and support; you bring the ideas.

Application Deadline is Jan. 5, 2010 at 8 p.m. For information, please contact: CHALK Office, 965 Mission Street, Suite 520, San Francisco, CA 94103, or contact: 415-977-6949, 415-755-2247 Fax, or [YFYIinfo@chalk.org](mailto:YFYIinfo@chalk.org). Go to [www.chalk.org/yfyi](http://www.chalk.org/yfyi)

## Visitacion Valley History Project



Neighborhood History Day was held at El Dorado School on Nov. 14.

## Visitacion Valley History Day

by Betty Parshall

Many years ago at a community garden celebration Alma Taylor posted a few historic pictures of Visitacion Valley along the wall of an adjacent house. They can be glimpsed in an old photo album that belonged to my parents. Alma would have enjoyed the Visitacion Valley Neighborhood History Day at El Dorado School on Saturday, November 14.

The Friends of the Library, the school, and the Visitacion Valley History Project sponsored the event for the benefit of our neighborhood library campaign. The doors opened at 11 a.m. and as folks came in they could help themselves to the bagels and cream cheese, fruit and other breakfast snack food. George Campi entertained with his accordion, playing familiar ballads as he strolled around the room.

First on the program was the Living History Panel, composed of Bill Threadgill, Frank Taylor and John Amott. They shared their memories of living in the Valley, and the gathered spectators joined in with some of their reminiscences.

Bill, who came to San Francisco in the early 50s told how the hills were open and undeveloped beyond his house at the top of Goettengen Street. This area made a perfect training ground for his hunter dog. John grew up on Wilde Avenue and recalled walking to school every day, for the early years at El Dorado, then for the fourth through sixth grades at Visitacion Valley Elementary, to Jr. High at Luther Burbank, and to Woodrow Wilson High School. We could all reflect on the difference from today's practice of getting the kids to school.

Frank also grew up on Wilde Avenue and now lives on Goettengen Street. He described the open space available for playing and described the backstop his carpenter father built for a baseball field at the corner of the large vacant lot where El Dorado now stands. As the panel recalled other experiences several people in the audience joined in with their own recollections and positive feelings about living in the Valley.

With a break to fill plates with lunch and take a seat the crowd next enjoyed the singing of the San Francisco Bay Area Labor Chorus under the direction of Patricia Wynne featuring a retrospective selection of Pete Seeger songs.

Next on the program was a showing of the video "Circle of Elders." This video was made in 2004 and features several senior citizens talking about how they came to Visitacion Valley and what they like about the neighborhood, along with wonderful portrait shots of children and adults who live here.

Between the programmed events people browsed the Friends' table to learn about the new library and pick up a raffle ticket (first one free, additional tickets were \$1), view the historic photo exhibit, donate written memories for our neighborhood history collection, and read transcripts of oral histories and see a collection of very early documents about the Valley library that had been provided by the Main Library SF History Center.

During the final hour ukulele player Sana Veoveo and guitarist Paul Filinson also entertained the crowd with music and song.

While the adults were enjoying the program younger children were happily engaged in a couple of classrooms with craft projects organized by El Dorado teachers.

At 3 p.m. about ten people joined a neighborhood history walk to visit five well-seasoned homes and the Native Plants Garden of the Greenway. One of the homes, the "Whale House," was featured in the November Grapevine. Others will be covered in future history columns.

This was the first of several events that will bring the community together in supporting the Visitacion Valley Neighborhood Library Campaign. The next meeting of the committee will be on Tuesday, January 19, 2010 at our present, rented-space, too small library on Leland at Desmond. Excellent refreshments are provided along with the constructive activity of helping to furnish our library. Everyone is welcome; bring your ideas and enthusiasm.



The Living History Panel shared their fond memories of Visitacion Valley.

## Burton Bulletins

### Job-Readiness Training

This Way Ahead (TWA) offers students 16-18 a 14 week job-readiness training program that includes a \$50 stipend every two weeks and a free monthly Muni pass.

Upon completion of the job-readiness training, students will be eligible to apply for paid internships (exclusive to TWA participants) at Gap or Old Navy stores. TWA is geared towards students with barriers to employment who are interested in working in retail.

Students must attend one mandatory orientation to apply for This Way Ahead. Orientations begin in December with applications due on January 6, 2010.

### School on Saturdays

Burton High School will be opening on Saturday to the community beginning in January.

There will be CAHSEE prep (both math and English) and an engineering classes for students. These classes are a part of a collaboration with City College. CAHSEE prep courses will receive five high school credits. Participants in the engineering course will receive college credit.

Adults will be able to participate in job readiness trainings and various adult classes. Questions or requests for programming can be directed to Carol Hill, Bayview Beacon at [chill@ymcasf.org](mailto:chill@ymcasf.org)

### Unity Parade

With the theme, "Reading makes strong youth, families and commu-

nities," Burton will host a Unity Parade on Saturday, Dec. 5 featuring free toys, an active book exchange, a sign up for book clubs, floats, music and performances. The grand marshal will be Burton's own Principal Bill Kappenhagen.

### December Bake Sale

Burton's Family Connection will sponsor a bake sale from 7:30 a.m. to 3:30 p.m. on Thursday, Dec. 17.

Both monetary and food donations of cakes, cookies, cupcakes, Danishes, pies, and sweet breads are welcome.

For more information, contact: Susanne Raynard, Parent Liaison at: (415) 469-4550, or Rachelle Quevedo, Burton Family Connection Leader at 987-7175.

**NEW !!**

# StarBrite Daycare

A.M. P.M. Childcare

**We Offer:**

- \* Healthy Meals
- \* Activities and Projects
- \* Outdoor Play and Field Trips
- \* Preschool Curriculum and Structure
- \* Certified Preschool Teacher and Staff

**Flexible Hours for Families Working Nights or Attending School**

**OPEN HOUSE**

**Saturday, December 5, 10 a.m. to 1 p.m.**  
**298 Arleta Ave. (between Rutland and Delta)**

**For more information, please contact Jasmine at (415) 656-1887**

**Lic#384001956**

## ...from the desk of the VVBOOM newsroom

by Nick Wolff

### Captain Greets Merchant Watch Group

Small Business owners along Leland Avenue from Bayshore Blvd. to Caro St. got a surprise visitor on the first Monday afternoon of November when the new Ingleside Police Captain David Lazar dropped in to introduce himself and discuss safety in downtown Vis Valley. Captain Lazar was joined by Ingleside Sergeant Liso Springer and VVBOOM to walk the beat and meet the small business community face to face. The interaction gave the new police captain insight into the day to day safety concerns of local merchants as we continue to stabilize downtown Vis Valley and create an environment where small businesses thrive. Paramount in this effort is the ability of neighborhood residents to safely access essential goods and services, community facilities and gathering spaces.

Later that week on the evening of November 5th, business owners and stakeholders showed up en masse for the third Leland Avenue Merchant Watch Group meeting of the year. It was once again standing room only at 91 Leland Ave. as Captain Lazar, Ingleside Police and San Francisco Safety Awareness for Everyone (SF SAFE) Business Security Specialist Furlishous Wyatt covered crime trends, hot spots, safety tips and community crime prevention in downtown Vis Valley. As the discussion unfolded, Captain Lazar re-

mained steadfast on his message – it is imperative to report all crimes to the police, data is tracked and reports directly impact resources dedicated to a particular area. Merchant Watch Group participants were also provided an updated 'Maptree' (business map + phone tree) with emergency contact numbers to build communication, trust and reiterate that the best crime prevention strategy tool ever invented is a good neighbor. Welcome aboard, Captain.

**Let's Get It Started.** The holiday season is right around the corner and with it comes a new annual event that will join the sidewalk sale in the spring and the street fair in fall. The first annual Leland Avenue Holiday Concert in the Park will take place Saturday, December 12th from 2 to 5 p.m. at Hans Schiller Plaza on the Visitacion Valley Greenway – Leland Avenue at Peabody Street. The concert will feature talented musicians playing acoustic rock, jazz and much more. VVBOOM is partnering with the Visitacion Valley Playground - San Francisco Recreation and Parks Department to assemble three children's activity stations where kids will be able to make wreaths, paint ornaments and decorate cookies. All of this on while sipping hot cocoa and listening to great live music on the Visitacion Valley Greenway. It all adds up to a great community event on an afternoon in mid-December in downtown Vis Valley. Don't miss it.

**Worth the Wait:** How long of

a wait? That's really not important, what's important is the finished product, and wow does it look good. November saw the completion of a storefront façade project at JB's 'The Shop' at 160A Leland Avenue. The exterior upgrades include brand new windows with customized graphic decals, a new door, new exterior lighting and of course, a barber pole. The project was completed as part of the City's SF Shines Program which works to enhance facades, storefronts and signs along commercial corridors in San Francisco including Leland Avenue. The Shop's impressive new exterior is now on display in downtown Vis Valley near the Leland Avenue / Peabody Street intersection. JB's 'The Shop' specializes in haircuts and fades. Call 415/239.6709 to schedule an appointment.

**Who's Next?:** You've seen downtown Vis Valley make great strides in the past five years and there are still great opportunities to open restaurants, coffee shops, retail stores or businesses in this convenient location – close to a diverse business district, shopping, restaurants, with easy freeway access. Check these out:

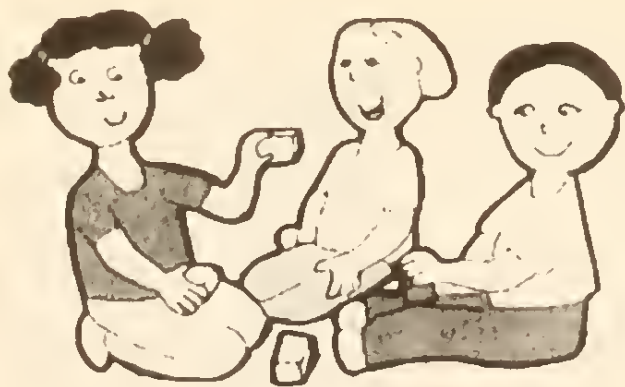
\* 15 Leland Avenue: 1,200 square feet of commercial storefront available, close to Bayshore Blvd. \$2400/month. Call 415/681.4917 to schedule a showing.

\* 91 & 93 Leland Avenue: 2,000 square feet of commercial space available, \$1800/month. Call 415/308.6900 for more information.



Captain Lazar visits the Valley (top, center) and (bottom) The Shop's new look.

## Child Care Center in Your Neighborhood



Serving the Needs of Children 2 to 5 Years

Breakfast, Lunch and Snacks Served Daily

Potty Training

Quality Teachers with Years of Experience

Applications Are Now Being Accepted!

Come and Hear About the Exciting Learning Opportunities for Your Child!

1st Place to Start  
1252 Sunnydale Ave.  
San Francisco  
(415) 333-2659

For More Information, Please Contact  
Sandra Davis, Executive Director at (415) 333-2659

## Joe Leland

around the neighborhood



Trees on Leland Avenue will be removed during Streetscape construction.

**\*Trees on Leland.** The good news: 40 new trees will be added to Leland Ave. as part of the ongoing streetscape improvement project. The bad news: all of the existing trees on Leland Ave. will be cut down to make way for the streetscape improvement project. Most of the current trees are less than spectacular and will not be missed except for the three mature 30-foot tall trees in front of Bank of America. They can be saved if you speak up. Contact Department of Public Works/ Bureau of Urban Forester before December 8th, 2009 in writing and ask that the BofA trees be saved. Send a letter to 2323 Cesar Chavez Street, S.E., CA 94124 or fax letter to 415-695-2147.

**\*Election Turnout:** Every election cycle, the Grapevine prints the Vis Valley electorate turnout. The November 3, 2009 election, which was uneventful with a citywide turnout of just 22.6 percent, displayed once again that the eligible and registered voters of Visitacion Valley don't participate in the democratic process. Visitacion Valley's turnout was 17.4 percent (1,384 voters), second lowest turnout after Bayview Hunters Point's 15.7 percent. One year from now, the ballots and the stakes will be higher with the District 10 Supervisor race. Candidates are already lining up to be counted. Give our past performance at the poll, how much 'face time' will potential candidates spend chasing our meager votes?

**\*Who's Running for D10 Supervisor?:** From the website [www.sfusualsuspects.com](http://www.sfusualsuspects.com): Declared: Cedric Akbar, James Calloway, Malia Cohen, Kristine Enea, Marie Franklin, Rodney Hampton Jr., Espanola Jackson, DeWitt Lacy, La Vaughan Moore, Steve Moss, Diane Wesley Smith, Eric Smith. Rumored: Bill Barnes, Liz Jackson-Simpson, Tony Kelly, Angelo King, Arianne Landry, NTanya Lee, Hydra Mendoza, Mohammad Nuru, Linda Richardson, Lynette Sweet. Was Rumored, But Isn't: Carole Migden.

**\*Zen Quote of the Month:** Sometimes the questions are complicated and the answers are simple. -Dr. Seuss (Theodor Geisel)

## Be Realistic About Holiday Expenses

by Jason Alderman

When I was a kid, Christmas club savings accounts were quite common. Like their close cousin, the lay-away plan, these accounts encouraged people to start saving far in advance for expenses they knew were coming.

In these tough economic times, a return to savings methods that worked so well for our parents might not be a bad idea. The basic fundamentals they understood included knowing what things really cost (including taxes and finance charges), prioritizing your expenses, and being willing to postpone or forgo purchases that will upset your overall budget.

The holidays are the most challenging time of year to curtail spending, thanks to long gift lists, frantic last-minute shopping and higher-than-usual travel and entertainment expenses. Here are a few tips that can help you rein in holiday spending:

Add up expected holiday-related expenses including gifts (for family, friends and coworkers), decorations, new clothes and accessories, gift-wrapping paper, cards, special meals and year-end gratuities. Don't forget travel-related expenses if you plan to leave town, and try to recall unanticipated expenses from last year that might recur.

The flipside – and more important aspect – of holiday hudgeting is to calculate how much you can actually afford to spend. If you are deeply in debt, having trouble paying regular monthly expenses, worried about being laid off or haven't saved an emergency fund, this isn't the time to rack up additional debt.

So, revisit your list and look for items to trim. A few thoughts:

\*Arrange gift lotteries with family members and close friends so each of you can concentrate your time, effort and money on getting fewer, nicer gifts.

\*Speak candidly with friends, coworkers and extended family about placing a moratorium on exchanging

gifts. They're probably feeling the pinch too.

\*If the gift-giving gesture is important to you, suggest pooling your resources with others to make a sizeable contribution to a charitable cause you all believe in.

\*If you're traveling just to get away, consider a "staycation" this year.

Give the gift of time. Older relatives and friends don't need another box of chocolates, but they could probably use your help with household chores, running errands or taking them to doctor's appointments. Plus, they would probably appreciate your company. For harried young parents, offer to babysit so they can run a few errands or simply recharge their batteries.

If you need to scale back on purchases, try making some gifts and get your children involved. Whether you're creating homemade cards or baking cookies for the neighbors, they'll appreciate being able to spend more time together. Plus, you can use it as an opportunity to discuss the need for better budget management – and why gifts from the heart are so important.

If you need help creating a holiday budget, visit Visa's free personal financial management program, Practical Money Skills for Life, ([www.practicalmoneyskills.com/holiday](http://www.practicalmoneyskills.com/holiday)) where you'll find easy-to-follow budgeting, holiday entertaining and travel planning tips as well as interactive calculators to track your spending.

Take a page from your parents' book: There are plenty of ways to enjoy the holidays without breaking the bank.

## Cooking Corner

### 10-Minute Veggie Soup

Preparation time: 10 minutes; allow to rest for 5 minutes before serving.

2 29-oz. cans low-sodium chicken broth; 1 14.5-oz. can diced tomatoes – no salt added; 1 teaspoon dried basil; ½ teaspoon onion powder, ¾ cup macaroni, dry; 3 cups frozen mixed vegetables; 2 teaspoon salt; 2 teaspoon pepper.

Combine chicken broth, diced tomatoes, basil and onion powder. Bring to a simmer and add pasta and frozen vegetable mix (broccoli, cauliflower and carrot mix is great in this recipe).

Cook for 6 minutes and remove from heat, adding salt and pepper to taste.

The pasta will not be cooked all the way through. Let soup sit for 5 minutes and pasta will become soft. Serves: 6.

NAPS

## Book Reviews

### TV's Favorite Recipes

The recipe for success followed by many of today's top celebrity chefs may have been cooked up by one of television's most beloved culinary pros.

For 30 years, TV personality and cookbook author Art Ginsburg, a.k.a. "Mr. Food," has helped millions of Americans create quick 'n' easy dishes that use off-the-shelf ingredients. Now, the man once dubbed "the working stiff's Martha Stewart" has compiled his most popular television recipes in a new cookbook.

Called "Mr. Food TV Favorites," it offers more than 150 recipes, step-by-step instructions and behind-the-scenes stories from his set. Try this recipe:

#### Pepperoni Pie Squares

8 to 10 appetizers; 1½ cups flour; 2 cups milk; 2 eggs, lightly beaten; 1 pound Muenster cheese, cubed; 1 (8-ounce) package sliced pepperoni, chopped; 1 teaspoon dried Italian seasoning.

1. Preheat oven to 350°F. Coat a 9" x 13" baking dish with nonstick cooking spray.

2. In a large bowl, combine all ingredients; mix well then pour into baking dish.

3. Bake 25 to 30 minutes, until top is golden; cool slightly then cut into squares. Serve as is or topped with warm marinara or pizza sauce.

For more information, visit [www.mrfood.com](http://www.mrfood.com).

NAPS

### Inside the Nobel Prize

On Dec. 10, the eyes of the world will be on Stockholm, Sweden and Oslo, Norway for the Nobel Prize ceremonies. Author Anita Laughlin has been there and gives a charming, inside account in her new book, *Reindeer with King Gustaf* (\$24, Wyatt-MacKenzie).

Anita is the wife of Stanford University Physics Professor Robert B. Laughlin. In 1998 Dr. Laughlin won the Nobel physics prize with two other physicists for his research into the "fractional quantum Hall effect" – the study of how electrons behave when exposed to extreme cold or magnetic fields.

As the world recognizes President Barack Obama, Nobel Peace Prize recipient, and other winners, Anita has crafted a warm, funny and human story of the Nobel experience. And as some critics question the Nobel Prize Committee's selection of Obama, she sheds light on its intentions.

"Historically, the Nobel Peace Prize has been a 'call to action' kind of recognition," she says. "It exists as a kind of global platform for the Swedes to use when identifying people and causes that are intrinsically important to us all."

*Reindeer with King Gustaf* tells what it's like to be married to a Nobel laureate – from the joys and trials that go into winning the world's most prestigious award to the triumph of traveling to Sweden to accept it. From her 31 years of marriage to Dr. Laughlin, Anita also describes the passion, drive and dedication Nobel contenders must possess to win.

"Nobel Prize-winners work hard, think hard, and are often labeled as a bit eccentric," she says. "The work they do is to discover truth in our natural world. Often this is accomplished with meager funding, marginal community interest, and yet the drive to make a discovery propels them forward."

Since 1995, Anita has taught at Escondido School in her hometown of Palo Alto. Her award-winning work with students, particularly those with special needs, helped her to understand the concentration and focus her husband needed to achieve his breakthrough research.

### Grapevine on the Web

Read current and past stories from the Visitacion Valley Grapevine at [www.visvalleygrapevine.com](http://www.visvalleygrapevine.com)

## Muni Implements DriveCam System to Improve Safety

The S.F. Municipal Transportation Agency (SFMTA), which Muni recently announced that it has installed and activated DriveCam, a driver risk mitigation system, in all of its trolley, biodiesel and biodiesel-electric hybrid buses, to help improve safety on the transit system.

"This state-of-the-art system is an important new tool to improve the safe operation of Muni vehicles," said Nathaniel Ford, SFMTA Executive Director. "The activation of DriveCam represents a continuation of the ongoing commitment to the safe and

reliable operation of Muni."

The DriveCam system uses interior and exterior cameras to record collisions and other unsafe driving behavior.

The cameras record and download a few seconds of footage before and after an incident when the vehicle experiences an exceptional force, such as hard braking or swerving. These recordings will be used for safety investigations and Operator instruction.

The SFMTA will use DriveCam as a tool to improve driving behavior, assess liability from collisions

and reduce expenses incurred from such incidents that can include vehicle damage, worker's compensation and personal injury.

"Operators who engage in unsafe behavior must be trained or disciplined," said James Dougherty, SFMTA Director of Safety, Security and Enforcement. "DriveCam will serve as a vital component of our training system."

The \$1.2 million contract covers the installation of the equipment and a one-year subscription to the DriveCam service which includes technical support analysis.

## Church of the Visitacion

Roman Catholic (1907)

### Over a Century in Visitacion Valley

Daily Masses  
(Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses  
7:30 a.m. & 4 p.m.

Sunday Masses  
8 & 9:30 a.m. (11 a.m. Spanish)  
12:30 & 4 p.m.

Our Lady of Visitacion School  
Grades K-8  
239-7840

Religious Education: Grades K-8 (Saturday only) 595-1670

Come, Let us worship together!

655 Sunnydale Avenue  
San Francisco, CA 94134-2838  
(415) 494-5517, Fax 494-5513

Rev. Rafael de Avila y Romero, Administrator Pro Tem  
Rev. Thuan V. Hoang, Parochial Vicar

## JOHN W. KING SENIOR CENTER

500 Raymond Ave. San Francisco, CA 94134

Phone: 415.239.6233

Fax: 415.239.2262

Nutritional hot lunches served Monday-Friday from 12 to 1 p.m. for only \$1.50.  
Seniors and non-seniors welcomed.

The Senior Center has many amenities, including our spacious outdoor courtyard. We offer social activities designed to keep seniors active and information designed to keep them informed.

### Paratransit Service

Arts & Crafts

Chair Dancing

Bingo

Yoga

Computer Center

Exercise Center

Weekly Strength & Tone Classes

USDA SUPPLEMENTAL FOOD DISTRIBUTION SITE

Weekly food bags and Monthly food boxes

## EarthTalk

### Discarded Cigarettes

Dear EarthTalk: Has anyone ever studied the environmental impact of discarded cigarettes? I'm constantly appalled at the number of drivers I see pitching their butts out their car windows. -Ned Jordan, via email

It's true that littered cigarette butts are a public nuisance, and not just for aesthetic reasons. The filters on cigarettes—four fifths of all cigarettes have them—are made of cellulose acetate, a form of plastic that is very slow to degrade in the environment. A typical cigarette butt can take anywhere from 18 months to 10 years to decompose, depending on environmental conditions.

But beyond the plastic, these filters—which are on cigarettes in the first place to absorb contaminants to prevent them from going into the lungs—contain trace amounts of toxins like cadmium, arsenic and lead. Thus when smokers discard their butts improperly—out the car window or off the end of a pier or onto the sidewalk below—they are essentially tossing these substances willy-nilly into the environment.

Studies done by Johns Hopkins University, the U.S. Centers for Disease Control and Prevention (CDC) and even the tobacco industry itself show that these contaminants can get into soils and waterways, harm or kill living organisms and generally degrade surrounding ecosystems.

While individual discarded cigarette butts may be small, they add up to a huge problem. Some 5.5 trillion cigarettes are consumed worldwide each year. The non-profit Keep America Beautiful reports that cigarette butts constitute as much as one-third of all litter nationwide when measured by the number of discarded items, not volume. According to the Ocean Conservancy, a non-profit that advocates for stronger protection of marine ecosystems, cigarette butts are the most commonly littered item found on America's salt and fresh water beaches according to feedback received by hundreds of thousands of volunteers taking part in the group's annual Coastal Clean-up event.

While the tobacco industry may have its hands full just trying to stay afloat in the maelstrom of ongoing bad publicity, critics say it should be doing more to prevent cigarette butt litter. "Just as beverage manufacturers contribute to anti-litter campaigns, and have invested in public education on litter issues, so too should the tobacco industry," says Kathleen Register, founder and executive director of Clean Virginia Waterways, a non-profit that has

spearheaded the fight against cigarette butt litter in the mid-Atlantic region of the U.S. She adds that cigarette manufacturers "need to take an active and responsible role in educating smokers about this issue and devote resources to the cleanup of cigarette litter."

Register suggests a number of strategies including putting anti-litter messages on all cigarette packaging and advertisements, distributing small, free portable ashtrays, and placing and maintaining outdoor ashtrays in areas where smokers congregate. She also suggests putting an extra tax on cigarette sales, with proceeds going toward anti-litter education efforts and to defray the costs of cleaning up butts. "Picking up littered cigarette butts costs schools, businesses and park agencies money," she says. "By taxing smokers for anti-litter educational efforts, some of the costs of cleaning up cigarette butts will shift onto smokers." One way or another, Register hopes, smokers will learn that the Earth is not one giant ashtray.

Dear EarthTalk: I recently had a tissue mineral analysis indicating that my levels of the nutritional element, molybdenum, were off the chart. I believe this may be leaching from my stainless steel cookware. Is this element toxic to my body? -Barbara, Fruitland Park, FL

Having trace amounts of molybdenum in our bloodstreams is not only normal but beneficial. The element piggybacks onto bacteria to help us metabolize proteins and

grow new cells, and also helps keep our vertebrae and tooth enamel strong. But too much of it can indeed be toxic.

Health care practitioners worry more about miners exposed to molybdenum dust on a daily basis than they do about everyday folks with occasional and incidental exposure via cookware and ingested foods. Few if any cases of acute toxicity in humans have been documented, though animal studies have shown that ingesting small but frequent amounts can lead to diarrhea, growth retardation, infertility, low birth weight and even gout. It has also been shown to negatively affect the lungs, kidneys and liver.

But most of us need not fear, as the amount of molybdenum we get naturally from eating foods like green beans, eggs, sunflower seeds, wheat flour, lentils and cereal grain is not enough to cause any severe health reactions, and, again, is an important building block component of our diets. In fact, a deficiency of molybdenum in one stretch of northern China—where the element does not occur naturally in the region's soils—has been linked to a higher-than-normal rate of esophageal cancer.

Additional amounts of molybdenum could be getting into your foods from stainless steel cookware, but manufacturers insist that if their products are not dinged and pocked from overuse or abused with abrasive brushes or detergents during clean-up they shouldn't leach much of anything

into the food cooking inside.

Of all the elements used to make stainless steel, molybdenum is one of the most able to tolerate high heat without expanding, softening or otherwise breaking down. That's largely why it is approved for use in food-grade products by the U.S. Food and Drug Administration. Incidentally, its heat tolerance is also why it is used in the making of missiles, aircraft, rifle barrels, light bulb filaments and furnace components.

While it is unlikely that the amount of molybdenum in a normal human diet is enough to cause severe health reactions, no one would fault someone with reason for concern to take precautions. For starters, if you do have too much molybdenum in your systems, add some tungsten (sodium tungstate)

into your diet, which naturally reduces the concentration of molybdenum in human tissues.

With regard to cookware, switching away from stainless steel might be a good idea for anyone with high molybdenum levels in their bloodstreams. No cookware is perfect, but cast iron and anodized aluminum seem to be the top choices today for cooks concerned about leaching elements. While cast iron is known to leach some iron into food, iron deficiencies were far less common before World War II when most of our grandparents cooked with it. And anodized aluminum is an ideal non-stick, acid- and scratch-resistant surface which locks-in aluminum that could otherwise leach into food.

### Events in December at Valley Branch Library

Following are events in December at the Visitation Valley Branch Library, 45 Leland Ave.

\*Dec. 3, Thursday: *Do-It-Yourself Bath Salts for Tans* - You don't have to spend a million to look like a million! Learn how to make your own spa quality bath salts from natural ingredients you can find at home in the kitchen from 3:30 to 5 p.m. Makes a great gift! Space is limited and registration is required. For information or to register, contact Abby at (415) 355-2848 or [aharwood@sfpl.org](mailto:aharwood@sfpl.org).

\*Dec. 7, Monday: *Bubble Fun* - Come on out for some bubblicious adventures in Bubble Land from 10:30 to 11:15 a.m. Join "The Bubble Lady" and use our creative imaginations to

weave stories and Bubble Magic for a truly Bubble Popping Hoping time! Tons of Bubble Fun for Everyone! For children of all ages.

\*Dec. 10, Thursday: *Family Fun* - Join a fun afternoon at the library from 5 to 6 p.m. for stories and games to learn about shapes and colors.

\*Dec. 16, Wednesday: *Fold a Wallet! Make a Button!* - Make new things from old papers! Learn how to make yourself a one-of-a-kind wallet out of folded recycled paper from 3:30 to 5 p.m. We'll also bring out the hutton machine! All materials provided. For ages 12 to 18. For more information or to register, contact Abby at (415) 355-2848 or [aharwood@sfpl.org](mailto:aharwood@sfpl.org).

# TW AUTOMOTIVE

## COMPLETE AUTO REPAIR & MUFFLER

- \* Foreign & Domestic
  - \* Brake Service
  - \* Engine Transmission
  - \* Fuel Injection
  - \* Electrical Service
  - \* Insurance Work
  - \* Air Conditioning
  - \* Tune-up
  - \* Muffler & Pipes
  - \* Catalytic Converter
  - \* Performance Dual Exhaust
  - \* Custom Bending
- Welcome



415-585-8281

2500 Bayshore Blvd.

San Francisco, Ca. 94134

(Corner of Bayshore & Visitation)

### Grapevine Classified

**WVCC BOARD MEETINGS:** Visitation Valley Community Center (WVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

**GRAPEVINE DISPLAY ADVERTISING:** new limited-time rates. Full Page \$60, 1/2 Page \$33.75, 1/4 Page \$18.75, 1/8 Page \$10, 1/12 Page \$8, 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. **Classified:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

## Visitacion Valley Police Report

### Police Cases

\*On Oct. 26 at 10:10 a.m. on the 3800 block of San Bruno Avenue, an officer was sent to investigate a drug case. The victim told the officer that the suspect threw a plastic bottle at him and wanted to report the incident to the police. The officer conducted a search and discovered that the suspect had a small empty pipe. Since the victim decided not to press charges, the suspect was admonished and released with a warning. At 3:30 p.m. on the 400 block of Raymond Avenue, an officer was sent to investigate a theft case. The victim told the officer that she was holding her iPod when the suspect ran by her snatching it from her hands. The victim chased the suspect but did not catch him. The officer then began to search for the suspect and located the suspect a short time later. The officer placed the suspect under arrest. At 6:15 p.m. on the unit block of Brookdale Avenue, officers were sent to investigate a vandalism case. The victim told the officers that while in her living room she heard the sound of glass breaking. The victim discovered that an unknown suspect had broken the window. At 7:41 p.m. on the 1900 block of Sunnydale Avenue, officers were sent to investigate a fraud case. The victim told the officers that she received a letter from her financial institution advising her that she was overdrawn. The victim told the officers that she has not written any checks.

\*On Oct. 27 at 9:39 a.m. on the unit block of Tucker Avenue, officers were sent to investigate a false registration case. The witness told the officers where the vehicle was located and the officers ran a DMV check on it. The officers discovered that the registration did not match what DMV had. The vehicle was towed and the license plate taken as evidence. At 11 a.m. on the unit block of Alpha Street, officers were sent to investigate a burglary case. The victim told the officers that when he came home he discovered a smashed window. The officers checked the house and found no suspects inside. The loss was housewares valued at over \$4,000. At 6:31 p.m. at Silliman and Girard streets, an officer was driving in the area of Thornton and Apollo when he saw a car that had been confirmed stolen driving in front of him. The officer advised headquarters and requested additional units to the area to assist. The officer followed the vehicle until the driver stopped the car and jumped out, running down the street. A police sergeant began to pursue the suspect on foot while the officer followed in the car. The suspect failed to comply with the officer's orders and had to be physically restrained before being taken into custody. The officer transported the suspect and the stolen vehicle back to Bayview Station where it was discovered that the suspect was on parole and had two outstanding warrants. No officers were injured during the incident. At 10 p.m. on the 1500 block of Sunnydale Avenue, officers were flagged down and asked to investigate a shooting case. The victim told the officers that an unknown suspect had shot out a window of his home. The victim gave the officers a bullet that he found inside the window sill.

\*On Oct. 28 at 9:41 a.m. at Garrison and Sunnydale avenues, officers were patrolling when they observed a person duck down inside a car when they passed it. The officers went to investigate and discovered a hiding subject. The officers got all the information and conducted a computer check. The officers discovered that not only was this subject a missing person, there was a \$25,000 warrant for assault. The subject was arrested and booked. At 4:12 p.m. at Kellogg Avenue and Schwenn Street, officers were on patrol when they noticed three subjects in a car in an area that is known for high drug incidents. The officers stopped to investigate. When the driver of the vehicle opened the window to speak to the officer, the officer noticed the odor of marijuana from inside the car. All three subjects were detained. The officers' investigation yielded the following: The driver of the car also had pills in his possession and more marijuana in the car. The driver of the car was arrested and booked. The pills were prescription medication for which he did not have a prescription.

\*On Oct. 29 at 10 a.m. on the 300 block of Argonaut Avenue, an officer responded to a burglary. The victim told the officer that he found his son's Xbox Play Station with games and his laptop missing. The victim believed that the suspect(s) entered his home through an unlocked sliding glass door while he was home; however, the victim did not see the suspect(s). Suspect(s) were not identified. At 6 p.m. on the 100 block of Tucker Avenue, officers responded to a theft from vehicle incident. The victim told

officers that her vehicle was parked on the street, when she heard the vehicle alarm activated. The victim told officers at that time, she did not notice anything unusual or any missing from her car. The victim said when she returned to her car later in the evening, she noticed the car's tire hub caps missing. Suspect(s) were not identified. At 7:02 p.m. on the 100 block of Brookdale Avenue, officers and a parole agent attempted to locate a subject who was suspected of brandishing a firearm. Upon arriving to the location where the subject was last seen, officers saw the subject sitting inside a parked vehicle. Officers approached the subject, who attempted to flee the area by driving away in a stolen car. The subject disregarded the safety and lives of the officers and public. The subject was able to flee the area. All responding officers were advised of the subject's description and the description of the vehicle the subject was driving. Shortly after, officers observed the subject driving the car and she attempted to conduct a traffic stop with the assistance of other officers. The subject again failed to stop for officers and fled. Bayview officers observed the subject driving in the area of the Bayview district, where the subject was later taken into custody. Other officers assisted the Bayview officers in arresting the subject, who was booked.

\*On Oct. 31 at 1:20 p.m. at Hahn Street and Blythdale Avenue, officers were sent to investigate a vandalism case. The victim told the officers that an unknown suspect had broken the windows to her car. There were no suspects observed.

\*On Nov. 1 at 11:37 a.m. on the 1600 block of Sunnydale Avenue, officers were sent to investigate a shooting incident. The victim told the officers that she was at home when she heard three gunshots and a window shattering. The victim told the officers that when she went to investigate she discovered that her window had been shot out. No suspects were observed. At 12 noon at Leland Avenue and Bayshore Boulevard, officers were sent to investigate a theft case. The victim told the officers that she was in the car when the theft occurred. The victim told the officers that she was not and decided to open the windows. The victim then took a small nap. When the victim opened her eyes she discovered that someone had stolen her property. At 5:54 p.m. at Visitacion Avenue and Sawyer Street, officers were sent to investigate a robbery case. The victim told the officers that she was on the bus when five suspects prevented her from getting off at her stop. The suspect violently grabbed her purse as she struggled to hold on to it. The victim was pushed off the bus and struck her head on the pavement. The suspects then took her purse and fled. The victim could not identify the suspects.

\*On Nov. 2 at 12 midnight on the 100 block of Arleta Avenue, Police Services prepared a report regarding a theft. The victim told the PSA that he parked his car in front of his home only to come out the next morning to discover that someone had broken into his car and stolen his wallet and some cash. At 2 a.m. on the 1500 block of Sunnydale Avenue, an officer was sent to investigate a vandalism case. The victim told the officer that he knows the suspects who damaged his car. The victim said that he saw the suspects damaging his vehicle out could not do anything to prevent it

because he was out numbered. At 7:30 p.m. on the unit block of Leland Avenue, an officer was sent to investigate a suspect brandishing a weapon. The victim told the officer that he was riding his motorcycle. The victim stopped at a red light and when he glanced he observed the occupant in the rear seat with a helmet and a gun in his hands. The victim left to call police.

\*On Nov. 3 at 12:52 a.m. on the 2400 block of San Bruno Avenue, officers responded to a call regarding a person with a knife at a local night club. Officers on the scene located the suspect, who the club security had already handcuffed. Witnesses pointed out the victim, who had a large wound on his back caused by the suspect slicing him with a knife. Officers immediately called for a medic to respond and transport the victim to the hospital. Another witness told officers where the knife was located, which the officers recovered as evidence. Officers took custody of the suspect, who was positively identified by the victim. Inspectors from the General Work Unit responded and took over the investigation. The suspect was booked at Bayview Station. At 7 p.m. on the 700 block of Rutland Street, an officer was sent to investigate a burglary case. The victim told the officer that he was at home when he heard a loud crash from another part of the house. The victim went to investigate and discovered a broken window and a fleeing suspect.

\*On Nov. 4 at 6:30 a.m. at Bayshore Boulevard and Arleta Avenue, a police service aide prepared a report regarding a theft. The victim explained he parked and locked his vehicle. When the victim returned, he observed one of the windows shattered and several items stolen. No suspects were identified. At 8 a.m. on the 100 block of Talbert Street, officers and a police sergeant responded to a burglary in progress. Two subjects were taken into custody and all the victim's property was recovered. The subjects were arrested and booked. At 6:04 p.m. on the 200 block of Leland Avenue, officers responded to vandalism to property incident. The victim said he observed graffiti on the front door of his house. No suspects were identified.

\*On Nov. 6 at 6:45 p.m. on the 1200 block of Sunnydale Avenue, an officer was on patrol when she was flagged down by a frantic victim. The male victim was dressed only in a towel. The victim told the officer that three suspects broke into his home and pistol whipped him. The victim went on to say that he was in the shower when he heard someone banging on the bathroom door. Thinking it was a relative he opened the door. The victim was met by three gunmen heavily armed that knocked him to the floor then began to beat him with their weapons. The suspects made off with the keys to the victim's car. This case is still under investigation.

\*On Nov. 7 at 9:45 a.m. at Leland Avenue and Desmond Street, a Police Services aide prepared a report regarding found property. The witness told the PSA that he found a wallet and wanted to turn it in. The wallet contained ID and cash. At 3:30 p.m. on the 1600 block of Sunnydale Avenue, officers were sent to investigate a vandalism case. The victim told the officers that she was in the living room watching television when she heard the widow breaking in the kitchen. There were no suspects observed. At 10:45 p.m. at San Bruno Avenue and Bacon Street, officers were sent to investigate a robbery. The victim told the officers that she was walk-

ing home when she felt someone pulling her purse off her shoulder. The victim told the officer that once the suspect had the purse he fled and left her stunned. The victim called the police from home.

\*On Nov. 9 at 1:28 p.m. on the 400 block of Argonaut Avenue, officers were sent to investigate an assault case. The officers asked for a Spanish translator and an officer responded to assist with the translation. The victim told the officer that he went to serve the suspect with a late payment. The suspect became angry and followed the victim into the kitchen. The victim told the officer that he saw the suspect pick up a knife so he quickly retreated into his room and locked the door. The suspect pounded on the door for several minutes yelling at the victim, then went back to her room. The officers observed that the bedroom door of the victim had several knife slash marks on the outside. The suspect was arrested and booked. At 7:20 p.m. on the 100 block of Brookdale Avenue, a Police Services aide prepared a report regarding a counterfeit case. The victim told the PSA that he was paid for transporting the suspect in his cab. The victim told the PSA that he responded to the bank and was told that the \$100 bill was counterfeit. The victim told the PSA that the suspect had a large amount of \$100 bills. The Secret Service was advised.

\*On Nov. 10 at 6:29 p.m. on the 1600 Block of Sunnydale Avenue, officers responded to a call of burglary. The victim told the officers that all doors and windows were locked prior to leaving the home. The suspect gained entrance through a rear door that was found damaged. At 11:41 p.m. at Sunnydale Avenue and Hahn Street, an officer observed a vehicle being driven with an equipment violation. A traffic stop was initiated and a computer check revealed the driver had a suspended license. The vehicle was towed. The driver was cited and released at the scene.

\*On Nov. 11 at 12:40 p.m. at Sunnydale Avenue and Schwerin Street, an officer observed a vehicle fail to stop at a stop sign. A traffic stop was initiated and a computer check revealed the driver had a suspended license. The vehicle was towed. The driver was cited and released at the scene. At 5:50 p.m. at Santos Street and Geneva Avenue, officers were on a Muni bus conducting a fare inspection. A Muni rider was unable to show proof of payment. The rider was escorted off the bus. A computer check revealed an outstanding warrant which was confirmed. The suspect was placed under arrest and booked.

\*On Nov. 12 at 12:00 noon on the unit block of Teddy Avenue, officers were sent to investigate a vandalism case of a trespasser. The victim told the officers that a known suspect came to her house and damaged a door to retrieve property. This case is under investigation. At 5:15 p.m. on the 1700 block of Sunnydale Avenue, officers were sent to investigate a vandalism case. The victim told the officers that she was in her living room when she heard glass break in the kitchen. When she went to investigate there was no one there.

\*On Nov. 14 at 3:00 p.m. on the 100 block of Hahn Street, an officer was sent to investigate a vandalism case. The victim told the officer that she parked her car in front of her house undamaged. The victim told the officer that she heard a loud noise from outside. The victim went to investigate and discovered that some-

one had dented the hood portion of her car. No suspects were observed.

\*On Nov. 15 at 12:57 p.m. at Rey Street and Garrison Avenue, officers were sent to investigate a case where someone had discharged a gun. The officers responded and located bullet casings at the scene. There were vehicles that were struck as well as residences no one was struck or injured. Although there was a witness, the investigation yielded no suspects. At 2:56 p.m. on the 500 block of Brussels Street, a police sergeant and officer responded to a call regarding a teenager who was believed to be living in a shed behind a house. Officers located the mother of the juvenile and questioned her regarding where her son lives. The officers determined that the parent had allowed her son to live by himself in the shed behind the house, bringing food to him once a week. The suspect was placed into custody and transported to Bayview Station for further investigation. Officers spoke with the juvenile, who appeared to be healthy and in good spirits. The juvenile was taken to CPS for placement.

\*On Nov. 16 at 10:28 a.m. on the unit block of Blythdale Avenue, an officer Suslow was sent to investigate a shooting incident. There were several witnesses that saw what occurred but all wished to remain anonymous. The witnesses told the officer that they observed a vehicle pull to the end of a street and two unknown suspects stepped out and started shooting. The officer was able to locate shell casings and seized them as evidence.

\*On Nov. 17 at 12:03 p.m. on the unit block of Blythdale Avenue, officers were sent to investigate a burglary case. The victim told the officers that he received a call from his alarm company advising him that they received an activation from the home. The victim responded to his home and observed the shades pulled down and waited for the police to arrive. The officers conducted a search of the house and discovered that the suspect had already fled.

\*On Nov. 19 at 9:43 a.m. on the 1000 block of Girard Street, officers responded to a call of a burglary. The officers met with a real estate broker who said he secured the residence prior to leaving. Upon his return the next day all the fixtures and appliances in the home were torn out and moved to the garage. It was unknown at the time if any items were taken out of the house.

### Police Summaries

\*Oct. 27: 12:11 a.m., 400 block of Leland Ave., recovered truck.

\*Oct. 27: 5:05 a.m., 200 block of Hahn St., recovered plate.

\*Oct. 27: 6 p.m., 300 block of Hahn St., traffic accident.

\*Oct. 28: 2:25 p.m., Sunnydale and Garrison Aves., revoked driver's license, tow.

\*Nov. 2: 4 a.m., Geneva Ave. and Castillo St., stolen auto.

\*Nov. 2: 8 a.m., 200 block of Rey St., traffic accident.

\*Nov. 2: 9:43 a.m., 200 block of Talbert St., recovered auto.

\*Nov. 2: 5:35 p.m., 200 block of Argonaut Ave., recovered truck.

\*Nov. 2: 7:40 p.m., 200 block of Talbert St., stolen auto.

\*Nov. 3: 4:35 p.m., Velasco Ave. and Schwenn St., suspended license, tow.

\*Nov. 13: 10:28 p.m., Campbell Ave. and Delta St., traffic accident.

\*Nov. 14: 12:00 a.m., Elliot St. and Teddy Ave., stolen auto.

\*Nov. 17: 4:30 p.m., Peabody St. and Visitacion Ave., stolen plate.

Captain David Lazar of Ingleside Station and Captain Greg Suhr of Bayview Station contributed to this report.

## Visitacion Valley Community Center Senior Program

Funded by

S.F. Department of Aging & Adult Services

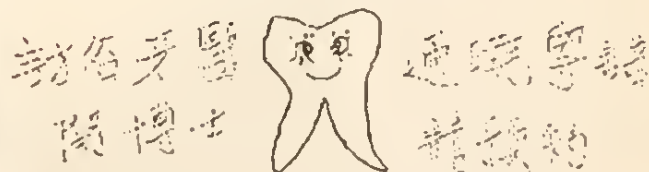
Open 365 Days a Year

Lunch Served Every Day

66 Raymond Avenue 467-4499

## VISITACION VALLEY DENTAL OFFICE

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue  
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.  
Closed on Thursday

Phone 239-5500  
for an appointment  
Cantonese Spoken

## A New Twist on Reverse Mortgages

by Jason Alderman

Reverse mortgages have become an increasingly popular way for seniors to keep pace with rising expenses. Typically, people borrow against their home equity and continue to live in the home with no monthly mortgage payment until they move out permanently, sell the property or die.

Recognizing that many seniors would prefer to downsize homes after retirement or relocate to another area, however, the government issued new guidelines that now allow reverse mortgages to be used to purchase a new home, provided proceeds from the sale of the old home (combined with other cash reserves, if necessary) cover the sales price, plus closing costs.

The advantage for these folks is that they don't have to tap as much of their savings or be tied to monthly repayments in order to purchase a new home as with a traditional mortgage or home equity loan/line of credit.

Reverse mortgages can be very

## Lasers Everywhere

From watching DVDs to scanning barcodes, the laser has become an indispensable tool in our daily lives.

Lasers are useful because they focus high-power energy into a pinpoint, creating a precision scalpel for surgeons. Therapeutic lasers are also necessary in modern dermatology and ophthalmology. For instance, lasers can selectively remove microscopic "targets" inside living tissue without causing a scar.

Truly amazing are the new ways scientists find to use the laser. New medical imaging technology allows doctors to shine laser light on living tissues, helping detect problems like breast cancer or retinal diseases in their early stages. Clinical trials are now underway for a laser-based technique that could identify Alzheimer's disease decades before symptoms begin.

Scientists have even found a way to destroy cancer cells by first inserting gold nanoparticles into tumors, then zapping them with laser light.

The pace of new laser technology development is faster than ever before. According to laser experts from the American Society of Laser Medicine and Surgery, the laser shows every sign of continuing to advance the future of medicine. For more information, please visit [www.aslms.org](http://www.aslms.org) or [www.laserfest.org](http://www.laserfest.org).

NEWSUSA

complicated and expensive, so for many they aren't the best borrowing option. In fact, you are required to consult a U.S. Department of Housing and Urban Development (HUD)-approved counselor before being allowed to apply.

A few common features of reverse mortgages:

\*You must be at least age 62.

\*The home (current or future) must be your principal residence.

\*You must own the home outright or be able to pay it off with proceeds from the loan.

\*The allowable loan amount is based on your home's appraised value, your age, current interest rates, mortgage insurance and applicable fees. Generally, the older you are and the more valuable your home, the greater the available loan.

\*You needn't repay the loan until you move out permanently, sell the property or die. Any money left after the sale goes to you or your estate.

\*The repayment amount never exceeds the home's final sale value, so you (or your heirs) are never liable for more than you originally borrowed.

\*Reverse mortgages have no minimum income or credit score requirements.

\*You can take the money as a lump sum, a line of credit, fixed monthly payments or any combination.

\*It's not considered taxable income so Social Security and Medicare benefits usually aren't impacted.

Observe these cautions, however:

\*Reverse mortgages can be expensive: An origination fee up to \$6,000, initial insurance premium of 2 percent of the home's value, a monthly insurance fee and other miscellaneous charges may apply.

\*They aren't cost-effective if you plan to move in a few years.

\*You are responsible for homeowner's fees, property taxes, insurance and repairs. If you don't pay them, you risk loan cancellation or foreclosure.

\*The longer you carry a reverse mortgage, the more it will decrease your home equity, and thus, your estate. However, weigh that and living in your own home against the expense and possible inconvenience of an assisted living facility.

AARP's comprehensive overview of reverse mortgages includes a free online seminar and a loan calculator ([www.aarp.org/money/revmort](http://www.aarp.org/money/revmort)). HUD also provides valuable information, including a search engine to find HUD-approved housing counselors who can help you weigh the pros and cons for your particular situation ([www.hud.gov](http://www.hud.gov)).

## Unfinished Corner Building is Shrouded in Mystery

by Russel Morne

Buildings in San Francisco are never really abandoned. They may look abandoned because they have been vacant for a long time or boarded up, yet given the value of land in this City owners rarely just walk away. Why would an owner allow their property to deteriorate is often a mystery.

One such mystery-shrouded property can be found at the intersection of Raymond Avenue and Alpha Street. 103 Raymond Ave. appears to be under construction to the casual observer. The exterior paint is clean and graffiti free. New windows still have manufacturer's labels. Glimpses inside reveal unfinished sheet rock, exposed beams, and unconnected electrical fixtures. Outwardly it looks as if a team of construction workers left for the day but will be back on the job shortly to finish where they left off.

Observant residents in the area know otherwise. The building has been in this exact stage of incompleteness for nearly five years. For some unknown reason, the extensive renovations just stopped.

An online search (<http://dbiweb.sfgov.org/dbipt/>) of the building's permit history might shed a little light on this mystery. The first permit filed for a renovation was applied for in December of 2001 for a "vertical addition" on an existing one story building. It appears that construction began in 2002. In February of 2003, an anonymous complaint was filed with the Department of Building Inspection (DBI) against the property / renovation stating that unpermitted work was occurring. The job site was inspected by DBI and



Building at 103 Raymond Ave. has been unfinished for years.

three days later an additional permit was applied for by the owner that added "replacement windows" and the removal and replacement of a "rotted wall." It appears that this satisfied DBI and the complaint was closed.

Another anonymous complaint was filed four months later in June of 2003. This time, the complaint was recorded as "working beyond scope of approved permit - building taller and wider than plans." The site was again inspected by DBI, but this time records indicate that no contact was made with the owner. Going beyond the scope of a permit in terms of height and width is no small matter with DBI. All buildings must conform to applicable planning and building codes and it is within DBI's power to stop a project that goes beyond what has been sign off on. This complaint is still active and may be the source of the work stoppage.

The project stopped at this point

and no new permit activity was recorded until April of 2004 when the soon to expire original 2001 permit was renewed. A few days later, changes to this permit were filed seeking to "change roof height from 10 feet to 10 feet, 8 inches..." The only other permits on record are for additional plumbing (April 2004) and electrical (April 2005) work, both of which have expired before the jobs were completed.

Today, 103 Raymond Ave. sits empty and incomplete — not quite an eyesore but a visual nuisance within the community. If the owner did go beyond the scope of the original permit, the owner must convince DBI that the project still conforms to city codes. If the owner cannot, DBI can halt additional work until a suitable resolution is presented. The Grapevine will monitor this situation and report back when new information uncovered.

## Leland Avenue Holiday Concert in the Park

Live Music featuring  
Francisco Aviles, Paul Flinson,  
acoustic rock, jazz and more

Kids Activities including cookie  
decorating, ornament painting and  
wreath making

Date: Saturday, December 12th

Time: 2 - 5pm

Location: Hans Schiller Plaza

Leland Ave @ Peabody St.



Visitation Valley  
Business Opportunities and  
Network in Merced

Where Nature, Art and Science Meet

GRAB A MUG &  
SUPPORT OUR LIBRARY!

\$10.00\* PER MUG

PROCEEDS BENEFIT FURNISHING OUR NEW LIBRARY  
@ LELAND & RUTLAND

UNDER CONSTRUCTION NOW!

\*MATCHING FUNDS UNTIL 1/1/10 APPLY

YOUR DONATION DOUBLES!

AVAILABLE NOW AT JOE'S LAND COFFEE SHOP 28 LELAND AVENUE

VISITACION VALLEY BRANCH LIBRARY LELAND @ DESMOND



Visitation Valley Branch Library

Toyko  
Jakarta  
New York  
Seoul  
Manila  
Mumbai  
Sao Paulo  
Mexico City  
Delhi  
Osaka  
Cairo  
Kolkata  
Los Angeles  
Shanghai  
Moscow  
Beijing  
Buenos Aires  
Guangzhou  
Shenzhen  
Istanbul  
Rio de Janeiro  
Paris  
Karachi  
Nagoya  
Chicago  
Lagos

### Grapevine Puzzler

V B B H I U G F D S B H U I O W B N H R  
F B A A A S D R H A T A K L O K M T I B  
G B F R E S A M E X I C O C I T Y O S U  
U C V D E W R C A A S E S R T D D K T E  
A X C D S R E L S D V O R D F E D Y A N  
N C F R I A I E R E M W G W J L T O N O  
G C S A R N O W C O V F E A W H E W B S  
Z Z X D A E R P R G R V N S L I M E U A  
H V F M P K R I A T R E T N B U E R L I  
O X A C R E A S E U I W X C M H O N C R  
U E W W E C S S C R L K B B N F V E V E  
B R E C E R E H O T E O A R Y G R W S S  
F D E D A F C T G N I I D R N T E Y H B  
D F S R T V Y Y A R A C E T A B G O E H  
C S R X R I U G C E H T S G Y C H R N Y  
V E T D A K O J I R G F E Y U G H K Z G  
B W V F K Y T Y H G N V C G H Y N I H H  
V T Y T A G H T C D A E W G N I J I E B  
D C F D J S A D S A H B N H Y G F D N Y  
R D C V G Y T R E S S E L E G N A S O L

### World's Biggest Cities 1

### Historic Proportions

**1854**  
*Match clues to answers.*  
1. Political party founded on Feb. 28.  
2. United Kingdom declared war Mar. 27 on Russia.  
3. Water route inaugurated on Nov. 17.  
4. Sunken ship claimed 380 lives on Jan. 21.

### As a Matter of Fact

\*Ice cream first appeared in Italy around 1559.  
\*The underground stem of a plant is called a rhizome.  
\*The expression Ahold a candle to@ had to do with the methos of testing eggs for freshness in Shakespeare's time.  
\*French physician Rene Laennec developed the first stethoscope in 1816.  
\*The nickel was first issued in 1866. Between 1794 and 1873, a coin called the half-dime was available.  
\*The raisin industry in California got its start from the early missionaries who planted the first grape vines.  
\*Wedding rings were first worn by the Romans and were made of iron.  
\*The nectarine is a cross between a plum and a peach.  
\*The herb caraway is believed to prevent departures. That's why it was used in many love potions.  
\*The Crusaders introduced sugarcane, which was native to India, to Europe when they returned home from the crusades.  
\*The raspberry is a member of the rose family.  
\*Golf was developed in Scotland around 1100.  
\*The word rhythm comes from the Greek word rhythmos, meaning measured motion.

5. Succeeded to the throne of Saxony on Aug. 9.  
6. First used Feb. 11 to light major streets  
7. It became law on May 30.  
8. First graduates here on June 10.  
9. First telegraph linkup with U.S. on Feb. 14.  
10. In June, it took prominent East-em United States inhabitants from Chicago to St. Paul.  
11. Newspaper founded in Oct. 17 in Melbourne, Australia  
12. British recognize their independence on Feb. 17.  
A. Orange Free State  
B. Coal gas  
C. Kansas-Nebraska Act  
D. RMS Tayleur  
E. U.S. Naval Academy  
F. Crimean War  
G. Grand Excursion  
H. The Age  
I. Texas  
J. Republican Party  
K. Suez Canal  
L. King Johann

### Things You May or May Not Have Known

\*Stewardesses is the longest word typed with only the left hand.  
\*And lollipop is the longest word typed with your right hand.  
\*No word in the English language rhymes with month, orange, silver, or purple.  
\*Dreant is the only English word that ends in the letters mt.  
\*Our eyes are always the same size from birth, but our nose and ears never stop growing..  
\*The sentence: The quick brown fox jumps over the lazy dog. uses every letter of the alphabet.  
\*The words racecar, kayak and level are the same whether they are read left to right or right to left (palindromes).  
\*There are only four words in the English language which end in dous: tremendous, horrendous, stupendous, and hazardous.  
\*There are two words in the English language that have all five vowels in order: abstemious and facetious.  
\*Typewriter is the longest word that can be made using the letters only on one row of the keyboard.  
\*A cat has 32 muscles in each ear.  
\*A goldfish has a memory span of three seconds.  
\*A jiffy is an actual unit of time for 1/100th of a second.  
\*A shark is the only fish that can blink with both eyes.  
\*A snail can sleep for three years.  
\*Almonds are a member of the peach family.  
\*An ostrich's eye is bigger than its brain.  
\*Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.  
\*February 1865 is the only month in recorded history not to have a full moon.  
\*In the last 4,000 years, no new animals have been domesticated.  
\*If the population of China walked past you, eight abreast, the line would never end because of the rate of reproduction.  
\*Leonardo Da Vinci invented the scissors  
\*Peanuts are one of the ingredients of dynamite.  
\*Rubber bands last longer when refrigerated. The average person's left hand does 56 percent of the typing.  
\*The cruise liner Queen Elizabeth 2 moves only six inches for each gallon of diesel that it burns.  
\*The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.  
\*The winter of 1932 was so cold that Niagara Falls froze completely solid.  
\*There are more chickens than people in the world.  
\*Winston Churchill was born in a ladies' room during a dance.  
\*Women blink nearly twice as much as men.

### Sez Who?

*Match quotes to speakers.*  
1. "If you take too long deciding what to do with your life, you'll find out you've done it."  
2. "Opportunity is missed by most people because it is dressed in overalls and looks like work."  
3. "Without a rich heart, wealth is an ugly beggar."  
4. "You may be disappointed if you fail, but you are doomed if you don't try."  
5. "Why not go out on a limb? Isn't that where the fruit is?"  
6. "If winning isn't everything, why do they keep score?"  
7. "Sometimes our best is simply not enough. We have to do what is required."  
8. "A man is not finished when he is defeated. He is finished when he quits."  
9. "Elbow grease: the kind that won't soil a shirt."  
A. Ralph Waldo Emerson  
B. Vince Lombardi  
C. Garry Moore  
D. Thomas Edison  
E. Richard Nixon  
F. George Bernard Shaw  
G. Frank Scully  
H. Winston Churchill  
I. Beverly Sills

### Grapevine Five Years Ago

**December 2004**  
\*More than 150 neighborhood residents gathered at the Church of the Visitation on Nov. 7 to present their needs and solutions to their growing need for more security in the neighborhood.  
\*Two special holiday programs for seniors — Sizzling Seniors and a musical performance by Allen and Elaine Steinmetz — were scheduled at the Visitation Valley Community Center for December.

### Sump, the Grump

What Was That Again?  
I Merely Said That It Was a Good Idea to Listen to All Sides!  
What Sides??

Answers: 1-F, 2-D, 3-A, 4-L, 5-C, 6-B, 7-H, 8-E, 9-C.

## Visitacion Valley Business Directory

Valley free listings in the 415 area code  
Call the Grapevine at (415) 467-9300

**AQUARIUM**  
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4998

**AUTOMOTIVE**  
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239  
BROTHER'S AUTO BODY, 2520 Bayshore Blvd  
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450  
TIGER'S AUTO BODY, 23 Industrial Way, Brisbane 94006, 467-6866  
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

**BANK**  
BANK OF AMERICA, 6 Leland Ave., 622-4501

**BAKERS**  
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

**BARBERS**  
BARBERSHOP 3570 San Bruno Ave., 724-4398  
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429,  
THE SHOR (JB), 160A Leland Ave., 239-6709

**BEAUTICIANS**  
AS YOU R, 170 Leland Ave., 756-1450  
BODY SOUL & SPIRIT 222 Leland Ave., 333-7261  
CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288  
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005  
NAILS BY JENNY, 50 Leland Ave., 333-6800  
SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381

**BLIND CLEANING**  
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

**BOARDING HOUSE**  
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

**BOOKKEEPERS**  
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927  
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

**CARPETS**  
HANSAN INTERIORS, 41 Leland Ave., 333-6382

**CHURCHES**  
CHURCH OF THE VISITACION, 655 Sunnysdale Ave., 494-5517, fax 494-5513  
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.  
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213  
RIOGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457  
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381  
VALLEY BAPTIST CHURCH, 306 Raymond Ave., 467-6055  
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

**COFFEE**  
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442  
HAPPY DONUT, 2500 Bayshore Blvd., 469-5309  
JOE LELAND CAFE, 28 Leland Ave

**CREDIT UNION**  
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

**DAY CARE**  
CAROUSEL DAY CARE, 261 Hahn St., 469-5353  
STARBRITE DAYCARE, 298 Arieta Ave., 656-1887

**DENTIST**  
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

**DEVELOPERS**  
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnysdale Ave., 587-7895

**ELECTRICAL**  
TATE ELECTRIC (Joel Tate), 467-4657

**FLOORS**  
TEDDY B'S HARDWOOD FLOORS, 309-6342

**FLORISTS**  
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

**GARDEN ORNAMENTS**  
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

**GROCERS**  
CASALLOPEZ PRODUCE, 58 Leland Ave., 586-4745  
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240  
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300  
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520  
LITTLE VILLAGE MARKET, 1450 Sunnysdale Ave., 586-1815  
M & M SHORTS TOP, 2145 Geneva Ave., 585-0878  
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800  
7-11, 2200 Bayshore Blvd., 468-8646  
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851  
TEDDY'S MARKET, 298 Teddy Ave

**HERBS**  
SAN ON HERBS, 33-A Leland Ave. 333-7469

**HYPNOTHERAPY**  
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 585-6331

**INSURANCE**  
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276  
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

**KITCHEN CABINETS**  
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

**LANDSCAPING**  
SAN FRANCISCO LANDSCAPES (Lic # 932022), 256 Talbert St., 585-9137, sflandscapes.com

**LAUNDRY/CLEANERS**  
BAY WASH, 44 Leland Ave  
CITY WASH, 83 Leland Ave., 333-9467  
COIN WASH & DRY LAUNDRY, 186 Leland Ave

**FORTY-NINER CLEANERS**, 51 Leland Ave., 239-6418  
**LELAND AVENUE CLEANERS**, 151 Leland Ave., 586-1412  
**VALLEY LAUNDRY**, 90 Leland Ave  
**VISITACION VALLEY LAUNDRY**, 108 Leland Ave., 239-9030

**LEARNING**  
FIRST PLACE 2 START, 1252 Sunnysdale Ave., 333-2659  
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 585-8700  
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375  
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907  
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave., 467-5665  
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

**LIBRARY**  
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

**MANUFACTURER**  
SEES CANDIES, INC., 345 Schwenn St.

**MEDICAL**  
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnysdale Ave., 584-3620  
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnysdale Ave., Appointments: 715-0310  
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135  
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100  
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)  
PORTOLA FOOT & ANKLE CLINIC (Dr. Drvyang Patel), 2858 San Bruno Ave. 467-7500

**ORGANIZATIONS**  
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689  
WILLIE BROWN, JR. TEEN CENTER, 1652 Sunnysdale Ave., 584-6099  
CHINESE FOR AFFIRMATIVE ACTION IN VISITACION VALLEY, 1099 Sunnysdale Ave., 597-5779.  
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700  
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnysdale Ave., 333 Schwenn St., 584-4044  
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233  
LELAND HOUSE, 141 Leland Ave., 405-2000  
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001  
SUNNYVALE BOYS & GIRLS CLUB, 1654 Sunnysdale Ave., 584-5028  
SUNNYSDALE DEVELOPMENT COO OFFICE, 1652 Sunnysdale Ave., 841-1683  
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

**PHARMACY**  
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

**PHOTOGRAPHER**  
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

**PLUMBING**  
MARK VOELKER PLUMBING, 99 Arieta Ave., 467-7401

**POST OFFICE**  
VISITACION USPO, 68 Leland Ave., (800) 275-8777

**REAL ESTATE**  
JUSTYNA TO, (Realtor, Coldwell Banker), 830-1235  
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683  
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900  
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163

**RESTAURANTS**  
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023  
HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999  
G & L BAKERY & RESTAURANT, 198 Leland Ave 239-6283  
LUAN FAT BAKERY, 110 Leland Ave., 585-1167  
NAYANT TAQUERIA, 98 Leland Ave., 587-7721  
TWO JACK'S, 167 Leland Ave., 337-0433

**SCULPTOR**  
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138

**SELF-DEVELOPMENT**  
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608

**SERVICE PROVIDERS**  
CLAIR PROJECT, 1099 Sunnysdale Ave., Ste 323, 333-3017, fax 587-7481  
THE VILLAGE, 1099 Sunnysdale Ave., 239-5045  
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave  
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave.  
VISITACION VALLEY COMMUNITY CENTER (VVIC), 50 Raymond Ave., 467-6400  
VICC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027  
VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOM), 91 Leland Ave., 585-2338

**TELEPHONE**  
D & A WIRELESS, 78 Leland Ave., 452-4139

**VARIETY**  
GOLDEN 99 CENTS ZONE, 57 Leland Ave., 333-3923

## Visitacion Valley Child Care Food Program

Visitacion Valley Community Center announces sponsorship of the Child and Adult Care Food Program (CACFP). Meals will be available at no separate charge to children enrolled at all Visitacion Valley Community Center's Children's Programs centers. "The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or political beliefs. Persons with disabilities who require alternate means of communication for program information (Braille, large print, audio tape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (Voice and TDD)."

"To file a discrimination complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 29250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer."

For information regarding enrollment, contact: Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA. 94134; (415) 467-6400.



# Fighting the Flu One Bite at a Time

If you're like many parents, you are probably bracing yourself for an awful cold and flu season this year. Aside from going to the extreme of putting your child in a plastic bubble before sending him out into the germ world, you can arm him with the strength that he needs to defend himself from those nasty viruses. Author and nutritionist, Christina Schmidt offers up some healthy advice on how you can boost your kid's immune system through the foods that he or she eats.

If you've never been one to obsess over cold and flu season in years past, you may be feeling a bit more uneasy this year and one word is making all the difference. Pandemic. Little needs to be said about it, but with swine flu making its rounds across the globe, you might be on red alert like just about everyone else. You've probably received numerous letters from your child's school, church and daycare reminding you of proper hand washing techniques.

Perhaps you've started arming yourself with a bottle of hand sanitizer in your purse and you may even be considering buying a holster for your belt so you can have that bottle of liquid germ killer by your side at all times.

We can't police our kids 24/7 to make sure that they're following proper hand washing protocol, so many parents are left feeling hopeless and may even feel so vulnerable that they see catching swine flu isn't just a possibility; it's inevitable.

What's a parent to do when the world outside seems to be a shooting gallery of germs just waiting to land a big nasty virus on someone in your family — short of buying matching hazmat suits?

"The good news is that there's plenty you can do, starting with boosting your child's immune system through her diet," says Christina Schmidt, M.S., Nutritionist and

Author of The Toddler Bistro: Child-Approved Recipes and Expert Nutrition Advice for the Toddler Years (Bull Publishing Company, 2009, ISBN: 978-1-933503-19-6, \$16.95). "Protecting your child's body from the inside through proper nutrition is not only a great strategy for warding off viruses, it's healthy too! A healthy immune system is a powerful line of defense from those nasty viruses." No amount of liquid hand sanitizer can help your child the second a germ enters her body so keep your kitchen stocked with foods that will help boost her immunity (and yours too!).

There are several nutrients and food components that are vital to keeping the immune system strong and functioning properly. Many of these nutrients act as vigilante antioxidants that help protect us from "scavengers" that might enter our bodies and increase our risk for various diseases. These nutrients also reduce inflammatory processes, compete with infectious bacteria and they can function to activate our complex immune defense army of white blood cells.

Looking to add to your defense arsenal to protect your child from H1N1 and seasonal flu this year? Read on for Christina's checklist to help you serve up some immune system hoisting, cold and flu-buster nutrients and foods. Serve your child foods that are rich in the following nutrients:

\*Vitamin C: citrus fruits, berries, kiwis, peppers, tomatoes.

\*Vitamin E: wheat germ, nuts, fortified cereals, sweet potatoes.

\*Beta Carotene (Pro-Vitamin A): yellow and dark green leafy vegetables, sweet potatoes, orange squash, apricots, cantaloupe.

\*Zinc: meats, fish, poultry, fortified cereals, milk.

\*Iron: meats, poultry, fish, egg yolk, dried fruits, fortified grains, dark molasses.

\*Copper: meats, nuts, chocolate,

cherries, whole grains.

\*Selenium: grains, meats, onions, milk.

\*Folic Acid: green leafy vegetables, eggs, meats, fish, beans, broccoli.

\*Vitamin B6: wheat germ, milk, egg yolk, meats.

\*Vitamin B12: milk, eggs, meats.

\*Omega 3 Fats: cold water fish, flax oil, soybeans, walnuts, dark green leafy vegetables.

\*Probiotics: yogurts with the "Live and Active Cultures" seal, fortified foods, supplements.

\*Garlic: as single ingredient or in variety of sauces, soups, ready to eat meals, supplements.

"Some of my favorite cold and flu fighting family-friendly dishes are whole wheat or enriched grain spaghetti with tomato vegetable marinara mixed with chopped chicken or ground turkey; lemony chicken, vegetable and rice soup; sweet potato or butternut squash soup; carrots and ginger saute; curried lentil stew; chili with stewed tomatoes and ground bison or other meat (optional); whole grain toast with a poached or scrambled egg; yogurt smoothie with fresh or frozen fruit; sliced oranges or grapefruit with seasonal berries," says Schmidt. "We are coming into cranberry season — a berry rich in antioxidants — so be sure to take advantage of fresh cranberry relishes and baked goods as well." You will find more recipes and menu suggestions in The Toddler Bistro.

"As you can see," adds Schmidt, "by eating a healthy, balanced diet with a variety of brightly colored fruits and vegetables, whole grains, beans, seafood, or lean meats, you can boost your child's immunity. These healthy foods and nutrients can arm you and your family in the fight to help prevent illness (or at least hasten a speedy recovery) from those bugs that circulate in schools and work places on their mission to turn your home life upside down!"

In addition to serving your child immunity-boosting foods, you may also consider supplementing her diet with multivitamins, probiotics,

or omega 3 oils. Carlson for Kids makes several high-quality flavored omega 3 oils and chewable vitamins. Jarrow and Nature's Way offer good probiotic powders while Rainbow Light and Centrum for Kids provide great one-a-day chewable multivitamins.

Of course, before giving your child any supplement, be sure to read the dosing instructions and keep them out of your little one's reach! When giving any herbal supplements, check with your child's doctor first and do not mix these with any other medications (unless the doctor says that it will be fine to do so). Also note that some herbal supplements are contraindicated for children or may cause allergic reactions so monitor your child for any reactions. Just do your homework before adding supplements your little one's diet.

While serving your child immunity boosting foods to help him fight the flu, also note that there are some items that should be

avoided. Foods that are high in refined sugars and saturated fats can have adverse effects. These foods do a number on the immune system by creating energy peaks and valleys and by fostering inflammation, so be sure to keep foods filled with refined sugars and saturated fats off the menu.

So as the H1N1 cloud looms overhead, remember that you aren't as helpless and vulnerable as you may feel. You actually do have great ways to defend your family from the flu and those other sickening viruses out there. Practice the good habit of proper hand washing. Keep those little hands clean and teach your children that those germ fingers need to stay out of their mouths. In addition to germ-avoiding measures, remember that by giving your child the foods and supplements that will strengthen her immunity, you can enjoy this cold and flu season in good health — sniffle and fever free..

## Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

\*Dec. 2: Use wood, wire and beads to create a wire sculpture that you can shape and reshape to fit your every mood.

\*Dec. 19: Design and bead a

leather medicine bag that will hold your small treasures.

\*Dec. 26: Make accordion puppets with amazing boingy arms and legs.

Other regular Saturday activities include:

\*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

\*Meet the Animals from 11:15 a.m. to 12 noon.

\*Animal Feeding at 12 noon.

\*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

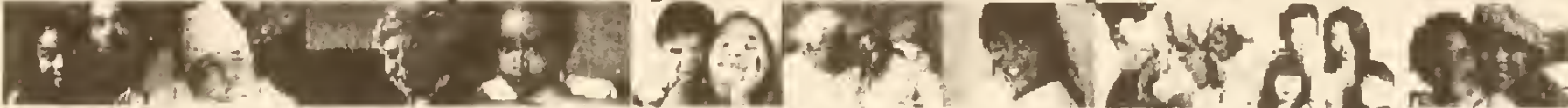
## Compost Class at Garden for the Environment

Composting Winter can be a great time to start a new compost pile or to jump start one that just isn't breaking down. Join Garden For the Environment (7th Avenue at Lawton Street for a fun, free hands-on workshop from 10 a.m. to 12 noon on Saturday, Dec. 5 teaching basic methods of both

backyard and worm composting.

Compost is a rich soil amendment that will greatly benefit your garden plants, houseplants, and the environment, by diverting compostable material from the landfill. Learn how to turn those food scraps or fallen leaves into "gardeners black gold." Rot on!

## Visitacion Valley Family and Community Services Center



**For a Better, Healthier, Safer Community for All**

## We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

**8 Weeks Family Literacy School Readiness Workshop**  
Wednesday, December 2, 9 and 16  
4:30 to 6:30 p.m.

**Public School Enrollment**  
Speaker: Valerie Higgins, Parents for Public Schools Community Outreach  
Friday, December 23  
5:30 to 6:30 p.m.

**Drop-In Consultation with Mental Health Consultant**  
Thursday, December 3, 10, 17, 24 and 31, 1 to 5 p.m.  
Call (415) 342-4364 for appointment.

**Exercise Wellness Group**  
Friday, December 4, 11 and 18  
10 to 11:30 a.m.

**Male Involvement Group**  
Saturday, December 5  
1 to 3 p.m.

**Parenting Class**  
Speaker: Rhonda Lawrence, MFT  
December 1, 8, 15 and 22  
5 to 6:30 p.m.

**Nutrition Workshop**  
Speaker: Sarah Koszyk, RD  
Friday, December 11  
5 to 6 p.m.

**Free Food Distribution**  
Every Tuesday, 1 to 2 p.m.  
December 8, 15, 22 and 29  
Emergency food box available anytime.  
Call (415) 586-6998, Monday-Friday,  
9:30 a.m. - 5:30 p.m.

## December 2009 Activities

**Enhanced Information and Referral**  
Every Monday Through Friday  
December 1 to 31, 9:30 a.m. to 5:30 p.m.

**Elementary to Middle School Workshop**  
Thursday, December 3, 5 to 6:30 p.m.

**Spanish Support Group**  
Friday, December 4 and 18, 5 to 6:30 p.m.

**Chinese Support Group**  
Friday, December 11 and Thursday, December 17  
10:30 a.m. to 12 noon

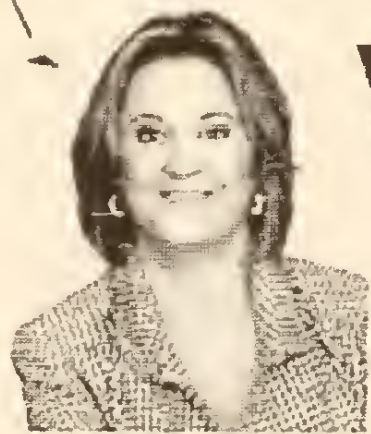
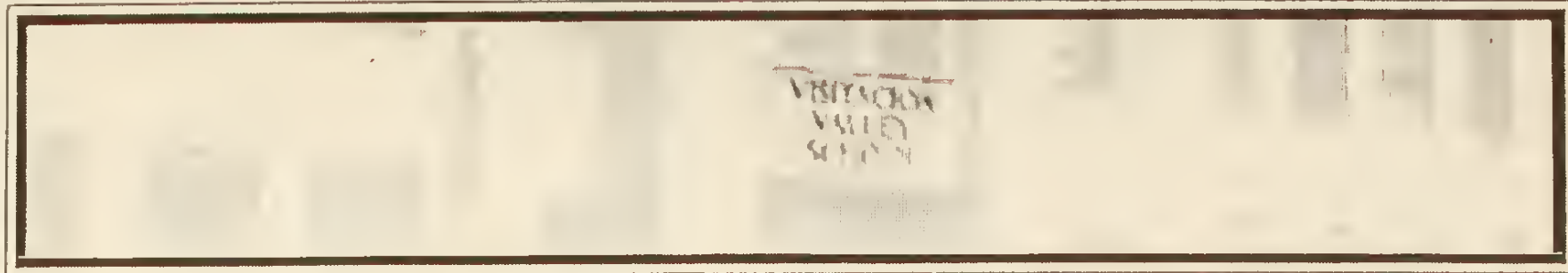
**Monthly Parenting Class**  
Thursday, December 17, 4:30 to 5:30 p.m.

**Family Fun Literacy**  
Thursday, December 10 and 29, 4:30 to 6 p.m.  
Thursday, December 17, 10 a.m. to 12 noon

**Marichelle Punzalan, Jenny Sosa, Kevin Blackwell, Jack Kwong, Molly Hassler**



**161 Leland Avenue, San Francisco, CA 94134**  
**Tel: (415) 586-6998 Fax (415) 586-8027**



I have been studying  
**Visitacion Valley**  
for a long Time.

Cathy Kline Saunders  
CRS 2006

**For All Your Real Estate Needs, Call**

**Cathy Kline Saunders**

415.731.5011 x 163

**Z**  
**ZEPHYR**  
REAL ESTATE